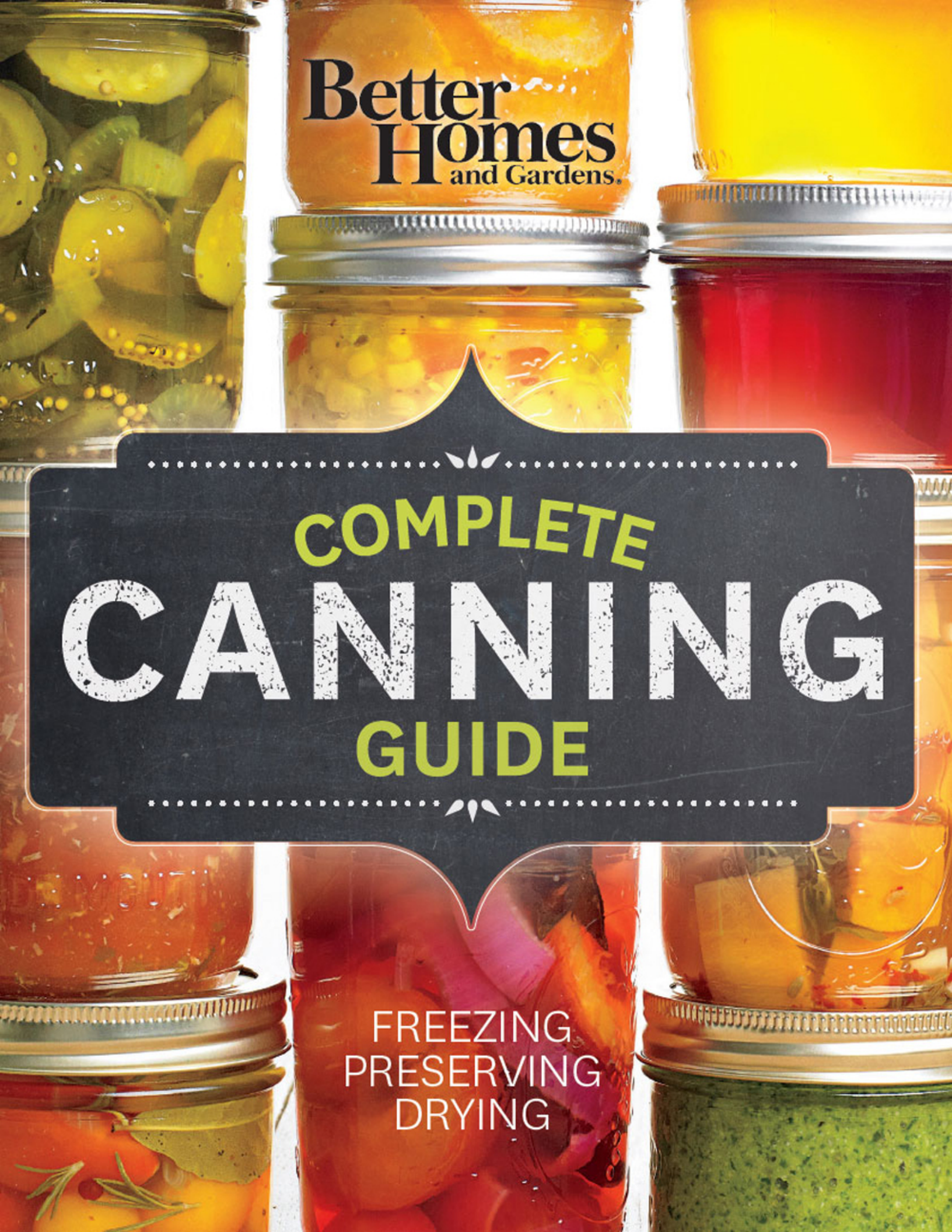
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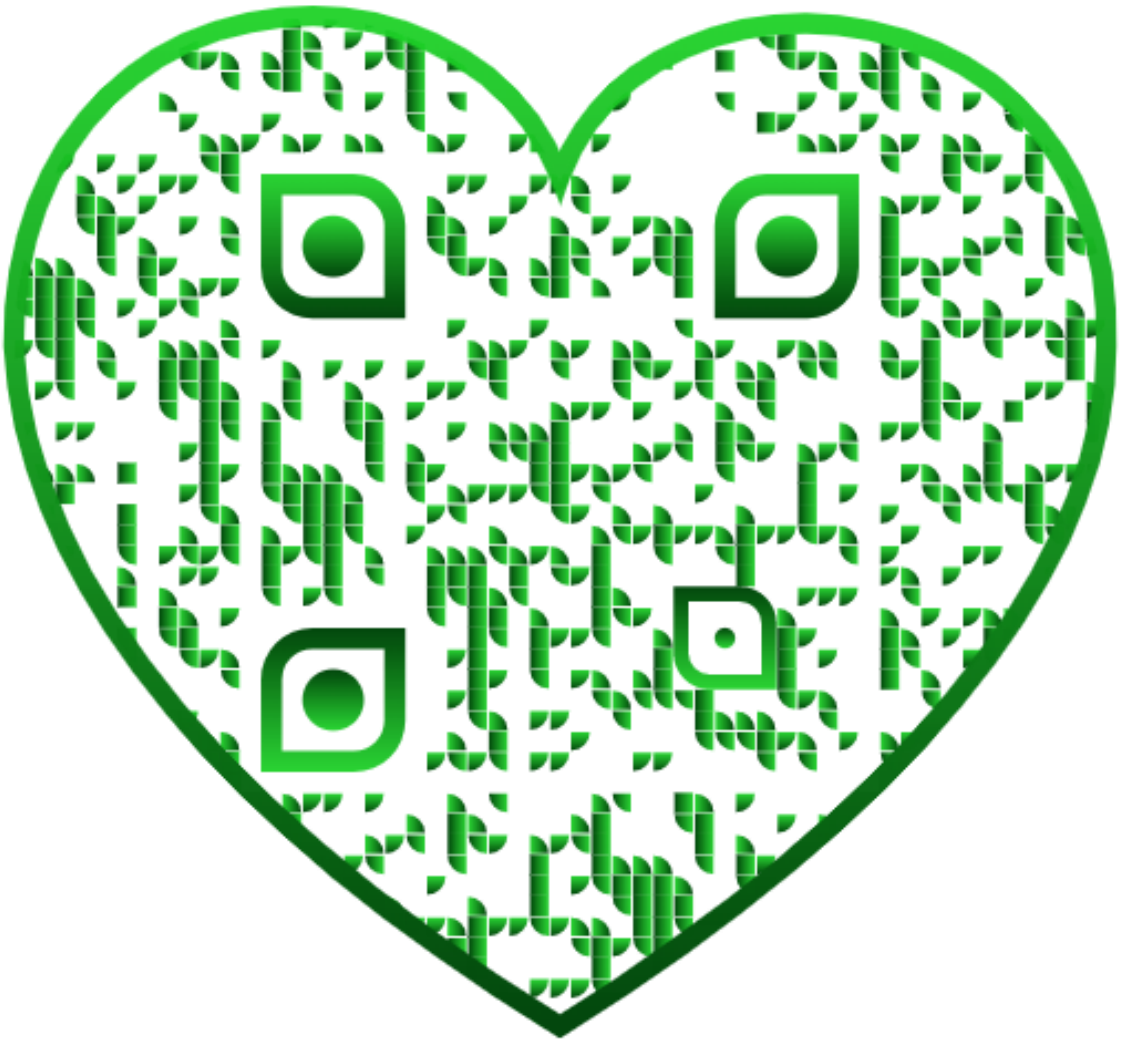

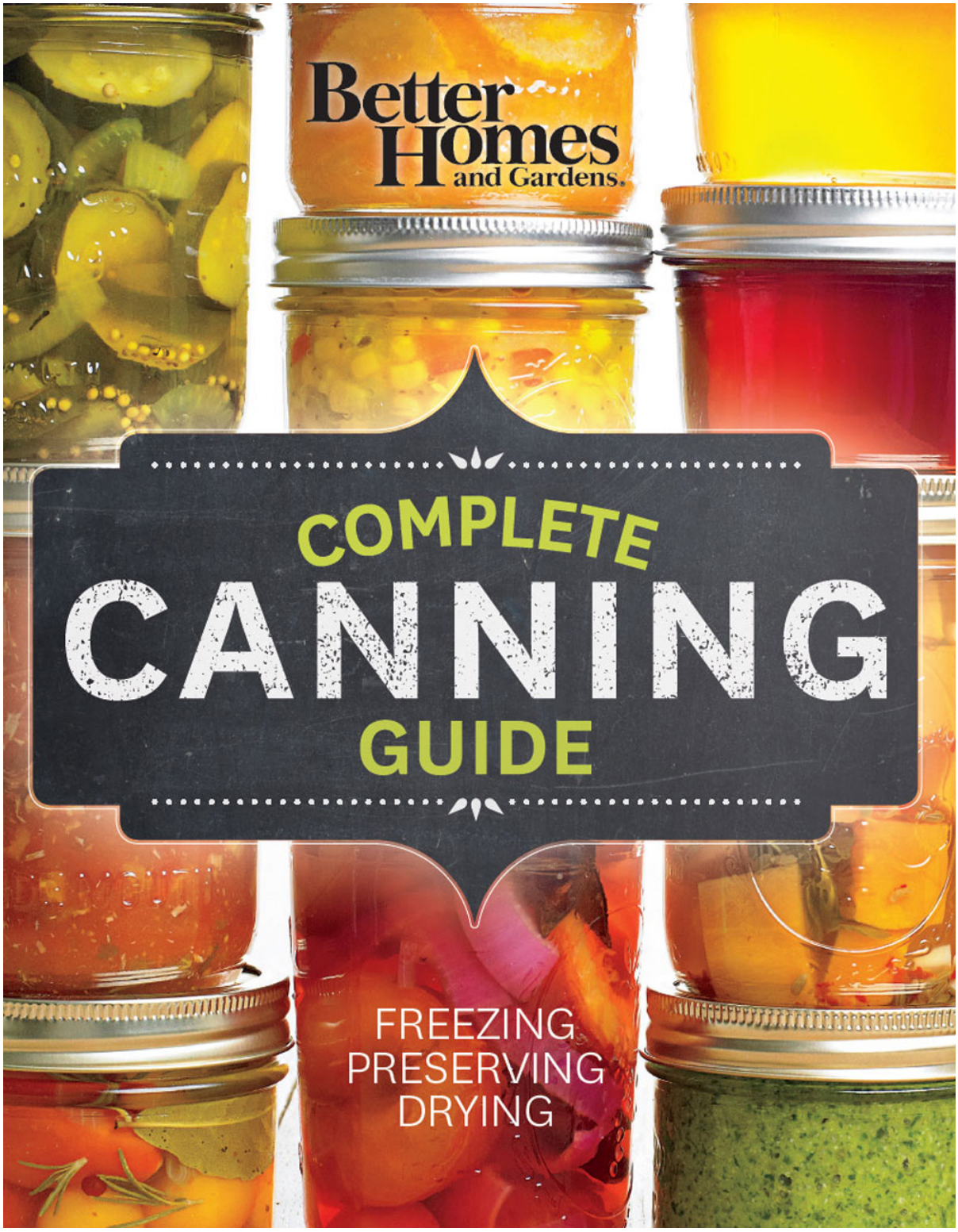
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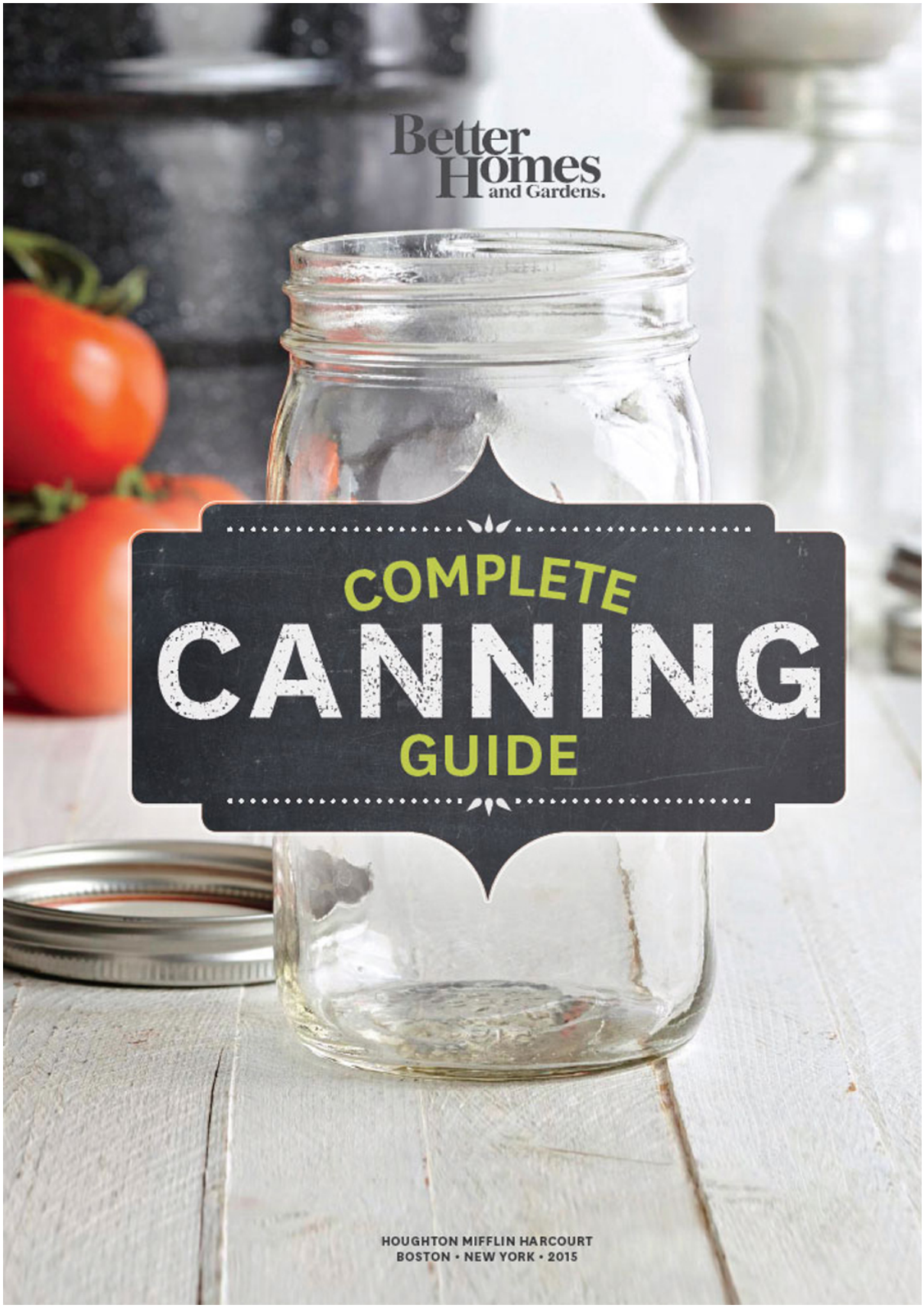

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CAPTURE THE FRESH FLAVORS OF THE SUMMER GARDEN OR FARMER'S MARKET TO ENJOY ALL YEAR ROUND

Whether you're a do-it-yourselfer, a budget-minded cook, or just want to preserve the best each season has to offer, the *Better Homes and Gardens® Complete Canning Guide* will help you fill your pantry shelves with gorgeous jars of fresh, fabulous-tasting food you "put up" yourself. Home canners of every skill and experience level will find recipes and techniques in this book that will become part of their repertoire, from simple stewed tomatoes to glistening fruit jams to crisp, fermented dill pickles.

INSIDE YOU'LL FIND:

- Complete step-by-step instructions from the experts in the Better Homes and Gardens® Test Kitchen for both boiling-water canning and pressure canning
- More than 330 recipes for jams, jellies, pickles, salsas, fruits, vegetables, soups, stews, and more
- Tips and techniques for guaranteed success
- Information on new products, such as pectins for making lower-sugar jams
- More than 200 beautiful photos, including step-by-step how-to photography
- Dedicated chapters on freezing and drying

- Complete nutrition information with every recipe

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SUMMER IN A JAR

Whether you grow your own fruits and vegetables, are a dedicated patron of your local farmer's market, a member of a CSA, or simply want to capture the best peak-season produce at the lowest prices in the supermarket, there are so many good reasons to can your own food.

FLAVOR. Few things brighten the beginning of a cold day in March more than toast slathered with jam made in June from perfectly ripe strawberries. A bowl of Garden Vegetable Soup made from peak-season tomatoes, corn, green beans, and carrots "put up" in July warms body and soul.

HEALTHFULNESS. When you can your own food, you control virtually every aspect of what goes into it. Protect the nutritional integrity of fruits and vegetables and tailor your home-canned products to suit your taste and lifestyle. They can be all-natural or organic, with minimal sugar, salt, or fat and no preservatives. In addition to recipes for canning, this book also contains recipes for freezing, drying, and fermenting—all ways of preserving that put you in control of your food and how it's prepared.

ECONOMY. Canning your own food is a great way to save money on the grocery bills—especially if you grow your own produce. After the initial outlay for equipment, each gorgeous jar of food costs just pennies. Great abundance is created with very little in terms of dollars.

EMOTIONAL SATISFACTION. Not only do you know there are months of good eating at your fingertips, but it is also deeply rewarding to put up your own food. Canning and preserving allows you to move through the year with quality fruits and vegetables on your pantry shelves.

Whether you are an experienced canner or have never so much as snapped a bean, *Better Homes and Gardens® Complete Canning Guide* provides all the information and inspiration you need to stock your pantry with home-canned food using both the boiling-water and pressure canning methods. This book offers the safest, simplest, and most up-to-date methods to ensure success, and there is something for every taste and occasion.

Get the water boiling and get canning!

the Editors

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BASICS

THE FIVE RULES OF CANNING

LEARN THE BASICS OF FOOD PRESERVING FOR A SAFE AND DELICIOUS EXPERIENCE.

Follow these basic rules to ensure success.

1. KNOW WHICH CANNER TO USE The boiling-water canner—basically a big pot with a lid and a rack in the bottom—is used for high-acid foods, which naturally resist bacteria growth. Pressure canners are used with low-acid foods and recipes that are prone to harboring harmful microorganisms. They heat food hotter than boiling-water canners. Recipes specify which type of canner to use. (See High-Acid and Low-Acid Foods and Types of Canners for more information.)

2. CHOOSE THE RIGHT JARS Use jars made specifically for canning. Don't use glass jars from purchased food, even if they look like canning jars. Don't use jars that look different from the canning jars currently on the market. And avoid jars with chipped edges; that can affect the seal. Use the size jar specified in the recipe because it takes longer to achieve the critical internal temperature in larger jars. (See The Anatomy of a Canning Jar for more information.)

3. USE LIDS PROPERLY Use the special two-piece lids manufactured for canning. Reuse the rings, but do not reuse the

lids, which have a special sticky compound that seals the jar. Don't screw lids on too tightly or they won't create a vacuum seal. Heat the lids in very hot but not boiling water or the compound won't seal (check the manufacturer's directions for preparing lids). Test for sealing on each jar after it has cooled. Press the center of the lid. If the button is depressed and does not make a popping sound, it has sealed properly. Remove and clean the rings before storing canned food. (See for Using Lids and Screw Bands more information.)

4. CHOOSE THE RIGHT RECIPE Always use tested recipes from reliable, current sources—and follow the recipes exactly. Don't alter ingredients. Alterations can change the acidity and compromise food safety. (See High-Acid and Low-Acid Foods for more information.)

5. KEEP IT CLEAN AND KEEP IT HOT Keep everything scrupulously clean. Wash and sterilize jars. Pack hot food into hot jars one at a time—not assembly-line style. (See Boiling-Water Canning for more information.)

Label jars with contents and date. Include a batch number if you can more than one load in a day (if a jar spoils, you can identify others from the same batch).

BASICS

METHODS OF PRESERVATION

CANNING IS ONLY ONE WAY TO PRESERVE FOOD—CHECK OUT ALL THE METHODS.

The way you process produce depends on the desired result. Should raspberries be made into a rich jam or simply frozen? Should the cucumbers be pickled and processed in a water canner or allowed to ferment?

1. BOILING-WATER CANNING A boiling-water canner is simply a very large pot with a rack in the bottom and a lid on the top. Jars are submerged in simmering water for a specified time. They are heated to a temperature of 212°F. This method is used mainly for fruits, pickles, salsa, and other high-acid foods. It's also used for some tomato recipes.

2. PRESSURE CANNING A pressure canner has a lid that locks onto the pot and a dial- or weighted-gauge that allows you to regulate the steam pressure that builds up inside the pot by turning the burner heat up or down. The pressurized steam is much hotter than boiling water—pressure canning heats jars to 240°F. This higher heat

kills tougher microorganisms that can thrive in low-acid foods, such as green beans, corn, soups, and sauces with meat.

3. FREEZING An easy way to preserve garden produce, freezing preserves texture in a way canning doesn't. Freezing is easy. Some fruits and vegetables require blanching before packaging, but for others, you can just put the food into airtight containers or bags and stash them in the freezer!

4. FERMENTING Before modern canning techniques were invented, fermentation was the only method to preserve vegetables. When vegetables are allowed to ferment in a salty brine, good bacteria (that occur naturally in the vegetables) convert natural sugars into lactic acid and destroy the harmful bacteria. The final product has a pleasant tangy flavor.

5. DRYING Food dries most reliably in a dehydrator, a small electric countertop appliance. But you can also dry foods in the oven with some success, as with dried tomatoes and apples, which intensifies flavor and alters texture.

Food dried in a dehydrator can be safely stored in plastic bags or jars on a shelf. However, food dried in an oven doesn't dehydrate as completely, so it should be stored in plastic bags in a refrigerator.

STORE IT RIGHT

Whichever food preservation method you choose, be sure to store the final product correctly. Keep canned food in a cool, dry place without sunlight. Store frozen foods at 0°F or below and fermented foods in the refrigerator.

BASICS

HIGH-ACID AND LOW-ACID FOODS

IN CANNING, THE ACIDITY LEVEL OF FOODS IS CRITICAL.

Foods for canning are basically divided into two groups: high-acid and low-acid.

HIGH-ACID FOODS These are the simplest to process. Their high acidity levels create a difficult environment for microorganisms and enzymes to thrive, so processing them in the lower heat of a boiling-water canner is safe.

High-acid foods have a pH of 4.6 or lower. Nearly all fruits, jams, and jellies are high-acid foods. Lemon juice, lime juice, and vinegar are very acidic. For that reason, most pickles and most salsas are high-acid, even though they may contain foods that are otherwise low-acid, such as green beans and carrots.

LOW-ACID FOODS These foods have a pH greater than 4.6. Most vegetables are low-acid, as are most soups, stews, and meat sauces. Unless large amounts of an acidic food (such as vinegar) are added, these low-acid foods must be processed in the higher heat of a pressure canner.

ACIDITY BOOSTERS Lemon juice and vinegar are highly acidic. They're often added to low-acid foods to control harmful bacteria that can't thrive in acidic environments.

That's why canning recipes for tomatoes, which have a fairly neutral pH, often call for adding lemon juice.

It's also why green beans in a vinegary brine can be processed in a boiling-water canner (which doesn't get as hot and doesn't kill microorganisms as effectively as a pressure canner). Plain green beans, on the other hand, must be processed in the higher heat of a pressure canner.

LEMON JUICE

If a recipe specifies bottled lemon juice, the purchased product is required to ensure the correct pH level for canning. The bottled product has a consistent acid level; fresh juice may vary. If a recipe specifies fresh lemon juice, it was added for flavor and the other ingredients provide enough acid for a safe pH, although bottled lemon juice may be substituted.

PROCESS IN BOILING-WATER CANNER

PH LEVEL	FOOD
2.0 to 2.9	Lemons, strawberries
3.0 to 3.9	Gooseberries, rhubarb, pickles, oranges, peaches, sauerkraut, apples, apricots, cherries, plums, blueberries, raspberries, blackberries, pears
4.0 to 4.6	Grapes, most tomato recipes

PROCESS IN PRESSURE CANNER

PH LEVEL	FOOD
4.7 to 4.9	Green beans, eggplant, some tomato recipes
5.0 to 5.9	Asparagus, carrots, pumpkin, sweet peppers, beets, turnips, sweet potatoes, onions, cauliflower, cabbage, okra
6.0 to 7.0	Peas, lima beans, corn, spinach

BASICS

KNOW YOUR PRODUCE

FOLLOW THESE STEPS FOR SAFE AND DELICIOUS CANNING RESULTS.

Not all tomatoes are the same. Neither are cucumbers. Or even grapes. Understand the key differences among fruits and vegetables to make your canning projects turn out perfectly.

Choose undamaged and unblemished fruits and vegetables. Small bruises or spots may be trimmed from the food. Use produce within a day or two of harvesting or purchasing. Store in the refrigerator if necessary (except for tomatoes).

Discard produce that is diseased, moldy, or insect-damaged, though you can cut out small bruises and spots.

SWEETNESS AND RIPENESS

Choose produce that is moderately ripe. Avoid fruit that is overripe or underripe (with the exception of recipes that specify, such as green tomatoes). Fully ripe yet firm fruit has the best, fullest flavor and processes the best.

In some cases, recipes specify the ripeness of the fruit—it's that critical. Berries and fruits at the peak of their flavor will mash into the correct consistency and produce the most delicious jams and jellies. Underripe or inferior berries have less flavor and less-ideal texture.

ACIDITY

Some fruits and vegetables have higher acid levels than others. Acidic produce is naturally easier to preserve because the acid inhibits the growth of some microorganisms. This is why so many home canning recipes rely on vinegar. It's very acidic. Other recipes call for a small amount of lemon juice to boost acidity. (See High-Acid and Low-Acid Foods for a chart of produce acidity.)

PECTIN

This substance occurs naturally in a variety of fruits. It's what causes jams and jellies to gel. Most recipes call for the addition of purchased pectin, but some fruits, such as gooseberries, naturally have so much pectin that adding more isn't necessary.

Underripe fruit is higher in pectin than ripe and overly ripe fruit. When making preserves without pectin, one-fourth of the fruit should be underripe to ensure the correct consistency.

Because the sugar in each recipe interacts with the pectin, do not alter the amount of sugar. If you want low- or no-sugar jams and jellies, follow low- or no-sugar recipes.

THE RIGHT TYPE OF PRODUCE

Some varieties or cultivars of produce process better than others—and with better results. Paste-type tomatoes, sometimes called roma or plum tomatoes, are firmer and meatier with fewer seeds and juice than beefsteak or slicing tomatoes. Pickling cucumbers, sometimes called Kirby cucumbers, are firmer and stand up to the brining process better, remaining crisp. Avoid produce with wax coating—it prevents absorption of liquids.

Different grapes have different flavors, juiciness, and pectin levels. Use the grape specified in a recipe whenever possible.

PREPPING PRODUCE

Before making pickles, preserves, or any other type of canned produce, some simple preparation of the produce is necessary.

First wash the produce. Use only water and rinse thoroughly. (A large colander is helpful.) Washing removes dirt, insects, and some bacteria. Use a vegetable brush to remove dirt from rough root vegetables such as carrots.

Peel the produce only if the recipe specifies it. Some peels are left on because they contain pectin, which helps thicken the product. In other cases the peel helps keep the produce intact.

Some recipes specify blanching—simply putting produce into rapidly boiling water for a short time, usually a minute or two.

Blanching (most often called for in freezing recipes), further cleans produce and kills some organisms on the surface. It also slows or stops the action of enzymes, which cause loss of flavor, color, and texture. Blanching also helps preserve color and vitamin content.

For peaches, tomatoes, and some other soft-fleshed produce, blanching makes peeling easy (see below). Hot water heats and softens the flesh right beneath the skin. Plunging the produce in cold water causes steam, which cools and leaves tiny air pockets that allow the skin to slip off easily.

BASIC PRODUCE PREPARATION TECHNIQUES

Some types of fruits and vegetables require a few simple steps prior to preparing them for canning. Here are a few techniques to help you prep produce like a pro.

TOMATOES Make an X at the blossom end of a tomato, then blanch. The X encourages the tomato skin to split so that you can slip it off easily with your fingers after blanching (see below).

STRAWBERRIES Remove the stems with a small sharp knife, cutting a cone-shape piece of fruit around the stems. This process is called hulling.

APPLES Make processing apples a breeze by investing a few dollars in an apple corer. Simply push it firmly into the apple, twist, and pull.

HOW TO PEEL PEACHES AND TOMATOES

Blanching produce, such as peaches and tomatoes, loosens the skin, making peeling a snap.

1. Bring a large pan of water to boiling. Add the produce and leave in for 30 to 60 seconds or until skins start to split.

2. Remove and plunge produce into a large bowl of ice water. Remove from the cold water after a few minutes. Use a knife to easily pull off the skin.

BASICS

TYPES OF CANNERS

HERE'S WHAT YOU NEED TO KNOW ABOUT BOILING-WATER AND PRESSURE CANNERS.

BOILING-WATER CANNER

Boiling-water canning, also called hot-water canning or a hot water bath, is used for fruits, tomatoes, salsas, pickles, relishes, jams, and jellies. It's a very simple setup: nothing more than a very large pot with a rack at the bottom on which to set jars.

A boiling-water canner heats jars to 212°F, enough to kill microorganisms found in high-acid foods (see High-Acid and Low-Acid Foods). The rack allows water to flow beneath the jars for even heating. It also has handles that allow you to lower and lift jars easily into the hot water. Canners come in different sizes and finishes. A traditional speckled enamel finish resists chips and rust well. High-end boiling-water canners are available in sleek polished steel.

PRESSURE CANNER

A pressure canner is required for most vegetables and other low-acid foods (see High-Acid and Low-Acid Foods). It's also used to process some foods that contain low-acid ingredients, such as most soups and sauces containing meat.

The pressurized steam the canner produces is hotter than boiling water, so it can heat foods to 240°F, which is hot enough to kill the tougher microorganisms found in low-acid foods. Unlike a boiling-water canner, put only 2 to 3 inches of water into the bottom—don't fill it—because you're creating steam, not a bath of boiling water.

Much safer than pressure canners made years ago, today's pressure canner is also simpler to use. It has a rack in the bottom and a heavy lid that twists and locks in place.

PRESSURE-CANNER REGULATORS

On the top of all pressure canners is a dial or knoblike device—the pressure regulator. It helps you control the pressure inside the canner. There are three types.

ONE-PIECE PRESSURE REGULATOR: This is the most common type sold today. Add or remove weight rings to set the pressure canner for 5, 10, or 15 pounds. Set the regulator on top of the vent pipe to start the pressurizing process. Adjust heat to control the rattling sound it makes as the canner gains or loses pressure.

DIAL-GAUGE REGULATOR: More common in older models, a dial regulator shows exact pressure inside the canner. Adjust heat up and down to stay at whatever weight is specified in a recipe. A dial regulator must be inspected for accuracy annually. Your local cooperative extension service or a store that sells pressure canners can advise where to get a dial checked.

WEIGHTED-GAUGE REGULATOR: Made of a disklike piece of metal, this must be set on the vent pipe at the correct position

to process at 5, 10, or 15 pounds. Like a one-piece pressure regulator, it makes a rocking sound.

BASICS

THE ANATOMY OF A CANNING JAR

PICK THE RIGHT TYPE, SHAPE, AND SIZE FOR YOUR RECIPE.

THE BAND Bands may be reused; they secure lids to the jars during processing. Removing the bands after processing is a matter of personal choice. Although they are no longer needed, the bands do provide some cushioning between jars when stacked on shelves. However, be sure to wipe the threads of the jars and screw bands after processing to remove any food particles.

THE LID Lids are for one-time use only. They are available in regular-mouth and wide-mouth varieties. When purchasing new jars, lids and bands will be included, but you can also purchase new lids separately.

THE SEALING COMPOUND The red substance on the underside of the lid helps seal the lid onto the jar, ensuring a hermetic seal.

THE JAR Canning jars are molded from thick glass designed to withstand processing year after year. Jars are available in sizes from 4 ounces to 64 ounces, and you may choose between regular- and wide-mouth jars. Regular-mouth jars are ideal for jams, jellies, mustards, and pie fillings. Wide-mouth jars are great for salsas, sauces, relishes, fruit butters, pickles, and tomatoes.

DON'T GO VINTAGE

Old canning jars with colored glass or spring-type lids are pretty collector pieces, but they shouldn't be used in modern canning. They have irregular sizes, may crack, and don't seal properly. Save them for displaying your collection of seashells or for a fresh-cut bouquet.

BASICS

UTENSILS FOR CANNING

SOME SIMPLE TOOLS MAKE CANNING FAST AND EASY WITH LESS CLEANUP.

CANNING-SPECIFIC TOOLS

Here are some specialty tools that will make canning more efficient:

JAR LIFTER This tool lifts jars firmly and securely in and out of hot water. Use two hands if possible and squeeze firmly.

MAGNETIC WAND This magic wand enables you to drop lids and screw bands into hot water to sterilize and to soften the sealing compound on the lids and then easily lift the lids and bands from the hot water.

JAR FUNNEL Wider and shorter than other funnels, jar funnels come in both wide-mouth and regular-mouth versions. They're invaluable for preventing spills when filling jars.

COMBINATION RULER/SPATULA The tapered end of this somewhat flexible tool easily slips in along the sides of filled jars to release air bubbles. The calibrated, notched end matches the measurements of the most common required headspaces and is less awkward to use than a ruler to measure headspaces.

ORDINARY KITCHEN TOOLS

These basic kitchen tools are necessary for successful canning.

MEASURING SPOONS Most sets of measuring spoons have 1 tablespoon, 1 teaspoon, ½ teaspoon, and ¼ teaspoon. Quality metal spoons cost just a bit more and like metal measuring cups, better release finely ground foods that might otherwise cling.

LADLES Canning involves transferring liquids from one container to another, and a ladle does that quickly and precisely. Metal is ideal because it won't melt if left too close to a burner. Sterilize ladles by dipping them in boiling water.

RULER Use to measure headspace when filling jars or when a recipe specifies produce cut into certain lengths.

MEASURING CUPS Use measuring cups for dry goods, such as sugar. (Use glass measures for liquids; they measure differently.) Durable metal cups let finely ground foods slide out more easily with no static cling. Most come in sets of 1 cup, ½ cup, ⅓ cup, and ¼ cup.

KITCHEN TOWELS These have many uses when canning, besides drying wet utensils. Use to wipe rims of jars. Lay a dry towel on the counter to set hot jars on (never place hot jars directly on the counter; they may crack). And, of course, use them to wipe up spills.

TIMER A timer is important to keep track of cooking and processing times. The timer built into a stove works fine, but a portable timer easily slips into your pocket if you leave the room.

POT HOLDERS One pair is essential, but two are better so you will always have a clean, dry pair (wet pot holders conduct heat, resulting in burns). Or try silicone pot holders—they clean up in a snap.

COLANDER Use to wash and drain produce. Line a colander with cheesecloth and set it over a bowl to strain juices for canned juice and jellies.

LARGE SIEVE Use this like a small colander. Rinse off small amounts of berries or set over a bowl to strain bits from liquids. Or line with cheesecloth to finely strain small amounts of liquid.

PERMANENT MARKER Use to write on metal, paper, plastic, and glass. Once the ink is dry, it is fairly resistant to fading and

moisture. Always label preserved foods with contents and date.

8-CUP LIQUID MEASURE Essential for measuring large amounts of chopped or sliced produce and for measuring large amounts of water and other liquids, it also makes a handy mixing bowl.

BASICS

INGREDIENTS

CANNING USES SOME INGREDIENTS THAT IMPROVE THE QUALITY (AND SAFETY) OF FOOD.

Most ingredients for canning are already in your pantry—that's the beauty of home preservation. You aren't using chemicals or additives whose names you can't pronounce and that you don't understand.

That doesn't mean each ingredient isn't important. Each has its role in the canning process, interacting with other ingredients, so don't vary or substitute unless the recipe specifies. A few key specialty ingredients that help ensure quality canned goods:

ASCORBIC ACID COLOR KEEPER This powder protects color and flavor of fruits, such as apples and peaches, and vegetables that darken when peeled or cut. Use only when called for in recipes. Dissolve the powder in water. Then briefly soak cut-up produce in the solution.

SALT Always use the type of salt specified in the recipe. Some recipes call for canning or pickling salt. It has a fine texture and will dissolve readily. Its fine texture also makes it measure

differently than coarser salts. Also, canning salt is free from anticlumping additives that can cause cloudiness in brines.

Table and kosher salt are safe to use in canning but the anti-caking additives may produce a cloudy brine or sediment at the bottom of the jar. Look for plain table salt; iodized salt may darken or discolor foods. Kosher salt does not contain iodine.

SUGAR Sugar, obviously, helps flavor foods. However, when simmered, it also affects the texture of canned goods, making them thicker. Sugar interacts with pectin, so follow any recipe that calls for both exactly to avoid a preserve that's too thick or too runny. Do not substitute honey unless the recipe specifies it.

PECTIN Available in a variety of formulations, pectin adds body and gel to jams and jellies. Use traditional powder types by first mixing them with the fruit and other ingredients and bringing to a full rolling boil before adding the sugar.

Liquid pectin speeds the dissolving process. Use low-sugar pectins to reduce sugar in jams and preserves. (Follow a low-sugar recipe or follow the directions on the product; don't just reduce the sugar—texture will be affected.)

Freezer-jam pectins dissolve quickly and create optimal texture in freezer preserves, which tend to be slightly softer than traditional preserves.

VINEGAR This highly acidic liquid is key to making pickles, salsas, and other preserved goods. Recipes specify a type of vinegar. Never substitute one type for another because different vinegars have different acidity levels. White vinegar is often used because it's clear and won't discolor produce. Apple cider vinegar is also commonly used in canning recipes.

LEMON JUICE Fresh lemon juice and grated lemon peel are added to some recipes for flavor. But in other recipes (such as those containing tomatoes) that call for lemon juice, use only bottled lemon juice. In those recipes, lemon juice is added to boost acidity for a safe product. Bottled lemon juice has consistent acidity, unlike that of fresh lemons, which vary in acidity. Bottled lemon juice will ensure the canned product is at a safe acidity level for boiling-water canning.

Liquid fruit pectin
Pickling (or canning) salt
Vinegar
Bottled lemon juice
Ascorbic acid color keeper
Regular powdered fruit pectin
Powdered fruit pectin for lower-sugar recipes
Sugar
Lemon

BASICS

RAW- AND HOT-PACKS

HERE'S HOW TO DETERMINE WHICH IS BETTER FOR YOUR SITUATION.

To achieve ideal flavor and texture, a recipe will follow either a hot-pack or raw-pack method.

Although the recipe might not refer to these names, it will instruct you to put food into a jar raw and top it with hot liquid or to cook the food first and pack it, still hot, into jars. With some foods, such as green beans or peaches, a recipe recommends both methods.

HOT-PACK

Preferred for foods that will be processed in a boiling-water canner, this method is the best way to remove air and preserve the color and flavor of foods.

Simmer food in brine, water, juice, or syrup for a few minutes. Then load the food, still hot, into hot, sterilized jars.

Precooking the food this way breaks it down more to eliminate air so it's less likely to spoil and so food doesn't float. Also more produce can be loaded into fewer jars and processing

time is less because the food is already hot—a significant advantage if you're processing large amounts of food.

RAW-PACK

Also called cold-pack, this method is better for vegetables that will be processed in a pressure canner.

Food is placed into the jar while still raw and packed in firmly but not crushed. Boiling brine, syrup, juice, or water is added if additional liquid is needed (the recipe will specify).

This method is fast and easy and helps preserve texture. However, it also may result in some shrinkage as food is processed, causing some foods to float to the top of the jar.

ADDING SYRUPS

Some canned fruit recipes call for the addition of syrup.

Generally, heavy syrups, which have more sugar, are used with sour fruits. Light syrups are ideal for sweeter fruits. Also, if you want to cut down on sugar, make a light syrup or even pack in juice or water.

To prepare a syrup, place the following amounts of sugar and water in a large saucepan. Heat until sugar is dissolved. Skim off foam, if it forms, to ensure a clearer syrup. Use syrup hot for canned fruits; chilled for frozen fruits. Allow ½ to ⅔ cup syrup for each 2 cups fruit.

VERY THIN OR VERY LIGHT SYRUP Dissolve 1 cup sugar with 4 cups water to yield 4 cups syrup.

THIN OR LIGHT SYRUP Dissolve 1⅔ cups sugar with 4 cups water to yield 4¼ cups syrup.

MEDIUM SYRUP Use 2⅔ cups sugar and 4 cups water to yield 4⅔ cups syrup.

HEAVY SYRUP Use 4 cups sugar and 4 cups water to yield 5¾ cups syrup.

BASICS

CANNING PREPARATIONS

STERILIZING ISN'T DIFFICULT, BUT FOLLOW THESE DIRECTIONS TO DO IT CORRECTLY.

STERILIZING JARS

All jars must be cleaned and sterilized before using.

Wash empty canning jars in hot, soapy water. Rinse thoroughly. Place jars in the boiling water canner (or a separate large pot). Cover jars with hot water. Jars must be submerged. Bring to a simmer over medium heat. Sterilize the jars by boiling for 10 minutes. Keep the jars warm in simmering water until needed.

If using a separate pot for sterilizing jars, fill the boiling-water canner half full; bring to boiling. Heat additional water in another large pot (to top off water in the canner); keep it hot but not boiling.

Take out just one jar at a time, fill it, put on the lid, and return it to the canner to keep everything hot. Then take out another jar and fill it: One jar out, one jar in.

If using a pressure canner, fill the canner with 2 to 3 inches of water and, with the lid loosely (not locked) in place, bring the water to not quite a simmer. Put the jars in the canner with a little water to prevent them from floating.

Put the lid back on—loosely, not locked—and allow the jars to get steamy hot. After a few minutes they will be sterilized and ready to pack with hot food. Again, take one jar out, fill it, and replace it in the canner before removing another jar: One jar out, one jar in.

Fit the lifter around the top of the jar below the threads. Place the jars on a towel on the counter to avoid contact with a cold surface.

USING LIDS AND SCREW BANDS

Always use new lids. Check the undersides to be sure the lids are free of scratches and that the sealing compound is intact and covers the circumference of the lid. Heat the lids in very hot but not boiling water before using.

Be sure that the screw bands will fit the jars and are free of rust. When sterilizing or heating the jars, add the screw bands to the water and heat with the jars.

Lids are essentially flat disks of metal with a sticky compound around the edge. When heated during processing, that compound softens, then cools, and creates a long-lasting seal.

Lids also have a raised circle in the center. After canning, if a vacuum seal has been created, that raised circle is sucked down and flattened. Test seals after jars have completely cooled. If the

lid is firm and slighlty concave, the jar is properly sealed. If the lid appears flat and you are able to make it bounce up and down, the jar is not properly sealed. (In that case, refrigerate and eat the food within three days.)

The function of bands is simply to hold the lids in place during processing and cooling. Remove them after cooling and wash and store for future use. They can be reused many times unless they start to rust.

BASICS

BOILING-WATER CANNING

THE EASIER OF THE TWO METHODS. FOLLOW THESE STEPS FOR SAFE CANNING RESULTS.

FILL THE JARS

The cold-pack method for tomatoes is shown here, but follow the exact process specified in your recipe.

FILL THE JAR *photo 1* Pack the solids as tightly as you can without crushing; check headspace. Top with hot liquid as specified in the recipe, rechecking headspace.

REMOVE AIR BUBBLES *photo 2* Insert a special canning tool or a thin, flexible spatula down along the sides of the jar to remove any air bubbles. Measure headspace again, adding or removing liquid as needed.

WIPE *photo 3* Wipe rim and threads of jar with a clean, damp cloth to remove any residue. Food particles or liquid left on the jar rim might interfere with the seal.

PUT ON LID *photo 4* Set lid on jar and screw on band no more than fingertip tight, just tight enough that you could turn the band another ¼ to ½ inch tighter. If applied too tightly, the lids might not seal.

PROCESS THE JARS

Submerging the jars in boiling water heats and sterilizes the food inside and is the first step in creating a sealed jar.

PLACE JARS IN CANNER *photo 5* As you fill each jar, set it back in the canner filled with simmering water. The canner shown has a rack with handles to hang on the canner rim so that jars sit halfway in the water.

PROCESS JARS When all jars are filled, lower them into the canner. They should be covered with 1 to 2 inches of water. Add more boiling water if needed to achieve this. Start processing time from the moment the water starts to boil. Keep at a low, rolling boil.

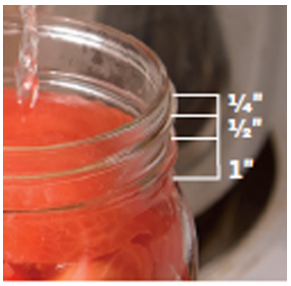
REMOVE JARS *photo 6* When the processing time is up, turn off heat. Using pot holders, lift up the rack and rest handles on the side of the canner. Allow the jars to cool in place for a few minutes.

COOL *photo 7* Remove jars from canner and set on a wire rack or a towel placed on the countertop (cold countertops can crack jars). Do not tighten bands. Let cool 12 to 24 hours. After that time, test the seal by firmly pressing your finger on the center of the lid. It should not give. If it makes a popping sound, it is not properly sealed. If a jar failed to seal, store in the refrigerator and eat the food soon. Otherwise, store jars in a cool, dry place for up to 1 year.

STORE After checking for proper seal, remove the screw bands. Wash the bands to remove any food particles; dry them and store for another canning project. Wipe the jar rims to remove any food particles that may have escaped during processing. Store canned foods in a cool, dry place for up to 1 year.

MEASURING HEADSPACE

The amount of headspace, or the space between the top of the jar and the top of the contents, is specified by a recipe to ensure a jar seals properly. Measure headspace with a ruler or canning tool from the top of the jar to the top of the contents.



BASICS

PRESSURE CANNING

LOW-ACID FOODS REQUIRE THE MORE INTENSE HEAT CREATED IN A PRESSURE CANNER.

PREPARE THE FOOD

The hot-pack method for green beans is shown (see Raw- and Hot-Packs), but follow the exact process specified in your recipe. Before you start filling jars, pour 2 to 3 inches of water into the canner.

FILL WITH PRODUCE *photo 1* Fill one sterilized, clean jar at a time; do not fill a cooled jar. Pack the food in the jar as tightly as you can without crushing it. Use a funnel as needed to keep jar rims clean.

ADD HOT LIQUID *photo 2* Top with the hot liquid as recipe directs. Measure headspace (see box) and adjust as needed.

REMOVE AIR BUBBLES *photo 3* Use a thin, flexible spatula to remove air bubbles. Add more water if needed to achieve the correct headspace.

PUT ON LID Wipe the jar rim and threads with a clean cloth. Set lid in place and screw band on fingertip tight, just ¼ to ½ inch from very tight. This is important so air can escape for a proper seal. Place the jar back in the canner before filling the next jar.

PROCESS

Follow canner directions for reaching and maintaining pressure for your specific model.

FILL THE CANNER *photo 4* Set the last jar in place. The water in the canner should come up only a few inches and not cover the jars. Only enough water to create steam is needed.

LOCK THE LID *photo 5* Set the lid in place and twist so the handles lock it in place. Do not put on the pressure regulator yet.

VENT THE CANNER *photo 6* Turn heat to high and allow a full head of steam to come out of the vent pipe. Allow to vent for 10 minutes. For a weighted-gauge canner, adjust weights on the pressure regulator, if needed, and set the pressure regulator on the vent pipe to plug it.

ACHIEVE THE CORRECT PRESSURE If the canner has a safety valve, it will pop from the down to the up position, showing that

the canner is pressurized. Do not open the canner. When the pressure regulator starts to rock, adjust heat so it makes a steady rattling sound. Set the timer for the time specified in the recipe, adjusting for altitude. For a dial-gauge canner, start timing when the gauge reads 11 pounds.

COOL THE JARS

Once processing is complete, allow the canner to depressurize and then cool the jars.

DEPRESSURIZE *photo 7* When the timer goes off, turn off the heat. Do not open the lid. Wait until the safety valve drops back down or the dial returns to zero. This shows that the canner is no longer pressurized and is safe to open. Do not force-cool the canner by running it under water; allow the pressure to come down naturally.

OPEN THE CANNER *photo 8* Remove the pressure regulator. Unlock the handles and open the canner away from you so that any steam is directed away from you.

COOL THE JARS *photo 9* Allow the jars to stand in the canner for 10 minutes to cool slightly. Remove them from the canner and set on a wire rack or a kitchen towel placed on the counter. Do not tighten lids. Let cool for 12 to 24 hours. Test seals by pressing on the lid (it should not pop up or down). Refrigerate any improperly sealed food to eat soon. Store others in a cool, dry place.

CANNERS WITH A GAUGE

Process foods in a dial-gauge canner at 11 pounds pressure. Dial gauges should be checked annually for accuracy and replaced if necessary. Check with your county extension office or manufacturer for where to have the gauge checked.

BASICS

TROUBLESHOOTING

FOLLOW THESE STEPS FOR SAFE AND DELICIOUS CANNING RESULTS.

FRUITS AND VEGETABLES

PROBLEM: **Fruit floats in jar**

CAUSE: Fruit is lighter than the syrup or isn't packed tightly.

SOLUTION: Use firm, ripe fruit, which is heavier. Next time use a hot-pack method, which makes fruit heavier as it absorbs more liquid. Use a light to medium syrup. Pack fruit as firmly as you can without crushing.

PROBLEM: **Food at top of jar gets dark over time while in the jar**

CAUSE: The food came in contact with air.

SOLUTION: Use hot-pack method, which slightly breaks down food and ensures it will sink lower and pack better into jar. Use a thin plastic spatula or other flexible, long tool around the sides when packing food to remove air bubbles. Make sure food is completely covered with liquid when packing and always

process for the recommended time in a current, reliable recipe.

PROBLEM: **Fruit gets darker**

CAUSE: The food was not processed long enough or at a high enough temperature to inactivate.

SOLUTION: Follow a current, reliable recipe. Start timing boiling-water canned goods only when water reaches a rolling boil, not before.

PROBLEM: **White sediment forms in the bottom of a jar of vegetables**

CAUSE: This could simply be starch from the food or minerals in the water used. However, if the liquid is murky or the food is soft, it could be bacterial spoilage. Do not eat. A white sediment is typical for fermented foods and the food is safe to eat.

SOLUTION: There is no way to inactivate starches in foods. Mineral deposits from water can be avoided by using soft water. Bacterial spoilage occurs when food isn't processed correctly or long enough.

PROBLEM: **Apples, pears, and peaches take on a purple to red color**

CAUSE: A natural chemical change has occurred during the heating process.

SOLUTION: None. The change is harmless.

PROBLEM: **Black spots form on the underside of the metal lid**

CAUSE: Natural compounds in some foods make a brown or black deposit on the inside of the lid.

SOLUTION: None. The deposits are harmless as long as there is no gray (which indicates mold) and there is no unpleasant or odd smell.

CONDIMENTS

PROBLEM: **Foods become black, brown, or gray in jar**

CAUSE: Natural substances in the foods may be reacting with metal kitchen tools or hard water.

SOLUTION: Use soft water for canning foods. Use nonmetallic, nonreactive pans, bowls, and utensils. If there is any sign of spoilage or an odd or unpleasant odor, discard.

PROBLEM: **Loss of liquid during processing**

CAUSE: Too much air in the jar before or processing wasn't done correctly.

SOLUTION: Add the correct amount of liquid, as directed, during raw-pack recipes and measure headspace carefully. Or use a hot-pack method, which ensures less air in jar. Always slide a thin spatula around the sides of the filled jar before putting on the lid to get out air bubbles. Make sure boiling-water process jars are covered with 1 to 2 inches of water

at all times during processing. Keep pressure consistent during pressure canning.

PICKLES

PROBLEM: **Soft or slippery pickles**

CAUSE: Enzymes, which soften pickles, were not inactivated or the brine and heat didn't work in preserving pickles properly.

SOLUTION: Always cut off blossom ends of cucumbers because enzymes are concentrated there. Make sure brine is prepared correctly (measure carefully) and use pure, refined, or pickling salt. Remove scum that forms during the brining process. Cover pickles completely with liquid during any fermentation times and when processing in jars. Process all pickles in a boiling-water canner, not a pressure canner.

PROBLEM: **Pickles shrivel in jar**

CAUSE: Cucumbers did not properly absorb brine.

SOLUTION: Precisely measure salt, sugar, and vinegar and mix well before adding to cucumbers. Prick whole cucumbers before canning. Never use waxed cucumbers (you can tell by scraping your nail along the peel).

PROBLEM: **Pickles darken or discolor in the jar**

CAUSE: Minerals or metals reacted with the brine or spices were too fine or left in.

SOLUTION: Use soft water when making brine. Use nonmetallic, nonreactive pans, bowls, and utensils when making pickles. Use whole spices, rather than ground, and remove them as the recipe directs.

PROBLEM: **White sediment forms in bottom of pickle jar**

CAUSE: Yeasts have developed on the surface and settled or additives in salt have settled. (If there is any sign of spoilage or odd smell, discard.)

SOLUTION: The yeasts are harmless, as is the sediment if the amount of sediment is small. Use canning or pickling salt, which is specially formulated to be free of additives that can cloud or mar brine.

JAMS, JELLIES, AND PRESERVES

PROBLEM: **Contains crystals**

CAUSE: The amount of sugar or cooking time may have been off or the method was wrong.

SOLUTION: Measure sugar and other ingredients precisely. Cook traditional jams the specified time. Cooking too little doesn't allow sugar to dissolve; cooking too long results in too much evaporation. If sugar crystals stick to side of pan during cooking, carefully wipe them off before filling jars.

PROBLEM: **Too soft or runny**

CAUSE: Pectin, which interacts with natural and added sugar and acid, was not allowed to develop properly.

SOLUTION: Measure sugar, pectin, and other ingredients precisely. Do not double recipes for jams and jellies. Fruit may have been overripe with too much natural sugar. The preserves may not have been boiled long enough at a rolling boil.

PROBLEM: **Contains bubbles**

CAUSE: Spoilage or trapped air.

SOLUTION: If bubbles are moving when the jar is still, the preserve has spoiled and should be discarded. If the bubbles are not moving when the jar is still, it was not ladled quickly enough into the jar. Also, pour the jam to the side of the jar, rather than directly into the center of the jar, to prevent bubbles.

PROBLEM: **Mold occurs during storage**

CAUSE: Too much headspace or improper processing.

SOLUTION: Never use a wax seal with preserves. This outdated method encourages spoilage. Process in a boiling-water canner instead. Leave a ¼-inch headspace with preserves. Measure carefully. Process for the time specified in a current, reliable recipe.

DRYING

PROBLEM: **Food darkens unattractively**

CAUSE: Drying naturally changes the color of many foods. However, exposure to air before drying can cause unnecessary darkening.

SOLUTION: Treat foods that darken when exposed to air, such as apples and peaches, with an ascorbic acid color keeper or equal parts lemon juice and water before drying. Soak foods for 10 minutes, then drain well.

PROBLEM: **Dried food molds during storage**

CAUSE: Food was not dried enough or was stored improperly.

SOLUTION: Follow dehydrator directions exactly to ensure food is dried thoroughly. Store in airtight containers in a cool, dry place. Store oven-dried foods, which don't dry as well, in the freezer.

BASICS

CANNING AT HIGH ALTITUDES

WHEN PROCESSING AT HIGH ALTITUDES, ADJUST PROCESSING TIMES AND PRESSURE ACCORDINGLY.

Water boils at a lower temperature at higher altitudes, which means that when canning at higher elevations, you must process food longer in a boiling-water canner or at a higher pressure in a pressure canner.

What is the elevation where you live? You may be surprised at how high it is. Much of the flat Midwest, for example, is above 1,000 feet and altitudes can vary within a community. Check your altitude with your county extension office or online (see tip, below) before you begin canning and adjust processing times for boiling-water canning or pressure for pressure canning according to the following guidelines.

BLANCHING: Add 1 minute if you live 5,000 feet or more above sea level.

STERILIZING JARS: Boil jars an additional 1 minute for each additional 1,000 feet.

JELLIES AND JAMS: Process half-pints and pints for 10 minutes at 1,000 to 6,000 feet and for 15 minutes at altitudes above 6,000 feet.

BOILING-WATER CANNING: Call your county extension service for specific instructions, but use the chart (below) as a guideline.

PRESSURE CANNING: Timings are the same, but different pressures must be used. Refer to the charts for pressure canners (below).

FOR BOILING-WATER CANNERS

FEET ABOVE SEA LEVEL	INCREASE PROCESSING TIME
1,001 to 3,000	5 minutes
3,001 to 6,000	10 minutes
6,001 to 8,000	15 minutes
8,001 to 10,000	20 minutes

FOR DIAL-GAUGE PRESSURE CANNERS

FEET ABOVE SEA LEVEL	POUNDS OF PRESSURE
Up to 2,000	11
2,001 to 4,000	12
4,001 to 6,000	13
6,001 to 8,000	14
8,001 to 10,000	15

FOR WEIGHTED-GAUGE CANNERS

FEET ABOVE SEA LEVEL	POUNDS OF PRESSURE
Up to 1,000	10
Above 1,000	15

KNOW YOUR ELEVATION

To find your elevation, check out the website veloroutes.org/elevation. Or download an elevation app for your smartphone.

BUTTERS & SPREADS

MANGO CITRUS SPREAD

APPLE BUTTER

PEACH-HONEY BUTTER

ROASTED RED PEPPER HONEY SPREAD

BANANAS FOSTER BUTTER

TRY THEM ON Toast

FRUITS AND VEGGIES COOKED DOWN TO THEIR CREAMY ESSENCE

Butternut Squash Puree

FRUIT BUTTERS

Apple Butter
Apple-Pear Butter
Bananas Foster Butter
Brown Sugar–Vanilla Banana Butter
Caramel Apple Butter
Cranberry-Pear Butter
Peach-Honey Butter

SPREADS

Cranberry-Tangerine Spread
Mango-Citrus Spread
Roasted Red Pepper–Honey Spread
White Chocolate–Raspberry Dessert Spread

VEGETABLE BUTTERS

Curried Carrot Butter
Ginger–Brown Sugar Sweet Potato Butter
Moroccan-Spiced Butternut Squash Butter
Spiced Pumpkin Butter
Tangerine-Kissed Sweet Potato Butter

TIPS AND TECHNIQUES

apple butter, preparation steps
butters, cooking
butters, doneness test for
fruit combinations in butters
produce, for canning

sugar vs. sugar substitutes
vegetable butters, freezing

THE BASICS OF

BUTTERS & SPREADS

BUTTERS AND SPREADS ARE MADE FROM FRUITS OR VEGETABLES THAT ARE COOKED WITH SUGAR AND FLAVORINGS. ALTHOUGH THEY ARE SIMILAR TO JAMS, ONLY A HANDFUL CONTAIN PECTIN. THEY TEND TO BE OPAQUE RATHER THAN TRANSLUCENT AND HAVE A CREAMY TEXTURE.

APPLE BUTTER

PREP: 45 MINUTES **COOK:** 2 HOURS **PROCESS:** 5 MINUTES
MAKES: 6 HALF-PINTS

- 4½ pounds tart cooking apples (about 14 medium)
- 3 cups apple cider or apple juice
- 2 cups granulated sugar
- 2 tablespoons bottled lemon juice
- ½ teaspoon ground cinnamon

1. Quarter and core unpeeled apples. In an 8- to 10-quart heavy pot combine apples and cider. Bring to boiling; reduce heat. Simmer, covered, for 30 to 35 minutes or until apples are very tender, stirring frequently (see photo 1).

2. Place a food mill over a large bowl. Ladle apple mixture into food mill; press mixture into bowl (see photo 2). Discard peels and seeds. Measure 7½ cups pulp; return the pulp to pot. (If you have leftover apple mixture, chill it and serve it as applesauce.)

3. Stir in sugar, lemon juice, and cinnamon. Bring to boiling; reduce heat. Cook, uncovered, over very low heat for 1½ to 1¾ hours or until mixture is very thick and mounds on a spoon, stirring frequently.

4. Ladle hot apple butter into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

APPLE-PEAR BUTTER: Prepare as directed, except substitute 2 pounds cored, quartered ripe pears for 2 pounds of the apples.

CARAMEL APPLE BUTTER: Prepare as directed, except decrease granulated sugar to ½ cup and add 1½ cups packed brown sugar.

PER 1 TABLESPOON PLAIN, CARAMEL APPLE, OR APPLE-PEAR VARIATION: 28 cal., 0 g fat, 0 mg chol., 0 mg sodium, 7 g carb., 0 g fiber, 0 g pro.

FREEZER DIRECTIONS: Prepare as directed through Step 2. Place pot of apple butter in a sink filled with ice water; stir mixture to cool. Ladle into wide-top freezer containers, leaving a ½-inch headspace. Seal and label. Freeze for up to 10 months. Apple butter might darken slightly on freezing.

CAN OR FREEZE

Most fruit butters may be canned or frozen. However, vegetable butters and spreads made with carrots, squash, and sweet potatoes are not suitable for canning. These products may be stored in the refrigerator for up to 3 days or frozen for longer storage.

1. Cook the apple quarters until very tender and can be pierced easily with a fork. Very tender fruit produces the smoothest butters.

2. Puree the cooked apples in a food mill. As you turn the handle, the pureed fruit flows into the bowl, leaving behind the skins and seeds.

3. Cook the butter over very low heat. Long, slow cooking evaporates the liquid and concentrates flavors. Stir often. Be sure to scrape the bottom of the pot. Watch carefully—

butters scorch easily, especially once the mixture begins to thicken.

BUTTERS & SPREADS

SPICED PUMPKIN BUTTER

MADE WITH PUMPKIN PUREE, WARM SPICES, AND A HANDFUL OF OTHER INGREDIENTS, THIS CREAMY ALL-PURPOSE SPREAD IS DELICIOUS ON PANCAKES, MUFFINS, AND TOASTED BREAD.

PREP: 15 MINUTES **ROAST:** 1 HOUR AT 375°F **STAND:** 1 HOUR
COOK: 25 MINUTES **COOL:** 30 MINUTES **MAKES:** 4 HALF-PINTS

- 2 2½- to 3-pound pie pumpkins*
- 1¼ cups pure maple syrup
- ½ cup apple juice
- 2 tablespoons lemon juice
- 1 teaspoon ground ginger
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon salt

1. Preheat oven to 375°F. Scrub pumpkins thoroughly; cut into 5-inch square pieces, discarding stems. Remove seeds and fibrous strings. Arrange pumpkin pieces in a single layer, skin sides up, in a foil-lined shallow baking pan. Roast, covered, for 1 to 1½ hours or until tender. When cool enough to handle, scoop pulp from rind. In a food processor or blender puree pulp, in batches if necessary, until smooth. Place puree in a fine-mesh sieve lined with a double layer of 100-percent-cotton

cheesecloth. Let stand for 1 hour to drain. Press lightly to remove any additional liquid; discard liquid.

2. In a 5-quart heavy pot combine pumpkin puree, maple syrup, apple juice, lemon juice, ginger, cinnamon, nutmeg, and salt. Bring to boiling; reduce heat. Simmer, uncovered, about 25 minutes or until thickened, stirring often. (If mixture spatters, reduce heat further.) Cool slightly.

3. Ladle pumpkin butter into half-pint freezer containers, leaving a ½-inch headspace. Cool for 30 minutes. Seal and label containers.

4. Store in the freezer for up to 6 months or in the refrigerator for up to 1 week.

***TIP:** If you like, substitute two 15-ounce cans pumpkin for the pie pumpkins and omit Step 1.

PER 2 TABLESPOONS: 35 cal., 0 g fat, 0 mg chol., 17 mg sodium, 9 g carb., 0 g fiber, 0 g pro.

BUTTERS & SPREADS

TANGERINE-KISSED SWEET POTATO BUTTER

VANILLA BEAN PASTE IS THE SEEDS OF VANILLA BEANS THAT HAVE BEEN SCRAPED FROM THE PODS AND MIXED WITH A LITTLE SUGAR AND BOURBON. IT GIVES THIS SWEET POTATO BUTTER BEAUTIFUL CHARACTERISTIC FLECKS WITHOUT HAVING TO SPLIT AND SCRAPE A VANILLA BEAN YOURSELF. SUBSTITUTE THE AMOUNT OF VANILLA EXTRACT CALLED FOR IN ANY RECIPE WITH THE PASTE.

PREP: 30 MINUTES **BAKE:** 1 HOUR AT 375°F **COOK:** 15 MINUTES
COOL: 30 MINUTES **MAKES:** 5 HALF-PINTS

- 3 to 3½ pounds sweet potatoes
- 1½ cups packed brown sugar
- ½ cup orange blossom honey or desired honey
- Finely shredded peel of 1 large tangerine (set aside)
- ½ cup tangerine juice
- ½ cup water
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ½ teaspoon vanilla bean paste
- ⅛ teaspoon freshly ground nutmeg

1. Preheat oven to 375°F. Place sweet potatoes in a 15×10×1-inch baking pan; prick each several times with a fork. Bake for

60 to 70 minutes or until very tender. Let cool. Cut each sweet potato in half lengthwise. Scoop out pulp, discarding skins. Transfer sweet potato pulp to a food processor. Cover and process until very smooth, scraping bowl occasionally. Measure 3½ cups sweet potato puree (save any remaining puree for another use).

2. In a 5-quart heavy pot combine sweet potato puree, brown sugar, honey, tangerine juice, the water, cinnamon, salt, vanilla bean paste, and nutmeg. Bring to boiling; reduce heat. Simmer, uncovered, about 15 minutes or until slightly thickened, stirring frequently (if mixture spatters, reduce heat further). Stir in tangerine peel.

3. Ladle sweet potato butter into half-pint freezer containers, leaving a ½-inch headspace. Cool for 30 minutes. Seal and label containers.

4. Store in the freezer for up to 6 months or in the refrigerator for up to 1 week.

PER 2 TABLESPOONS: 81 cal., 0 g fat, 0 mg chol., 46 mg sodium, 20 g carb., 1 g fiber, 1 g pro.

DON'T BURN THE BUTTER

Because butters are made by evaporating liquid and intensifying the flavor of the featured fruit or vegetable, they can be cooked for a significant amount of time. Be sure to simmer, not boil, the butter—and stir frequently to avoid burning.

BUTTERS & SPREADS

CURRIED CARROT BUTTER

FRESH GINGER, LIME, COCONUT MILK, AND CURRY POWDER GIVE THIS GORGEOUS ORANGE BUTTER ASIAN FLAVOR. FOR A QUICK APPETIZER, TRY IT ON TOASTED BREAD WITH TANGY GOAT CHEESE.

PREP: 30 MINUTES **COOK:** 1 HOUR 15 MINUTES **COOL:** 30 MINUTES
MAKES: 6 HALF-PINTS **PHOTO**

- 3 pounds carrots, peeled and cut into ½-inch pieces (about 8 cups)
- 3 cups water
- 1 13.5- to 14-ounce can unsweetened coconut milk
- ½ cup honey
- 2 tablespoons lime juice
- 2 teaspoons curry powder
- 2 teaspoons grated fresh ginger
- ¼ teaspoon salt

1. In a 5-quart heavy pot combine carrots and the water. Bring to boiling; reduce heat. Simmer, covered, about 45 minutes or until carrots are very tender. Drain carrots, reserving cooking water. Cool carrots slightly.

2. Working in batches, transfer the carrots to a food processor or blender; cover and process or blend until smooth. Return pureed carrots to the pot. Stir in the reserved cooking water, coconut milk, honey, lime juice, curry powder, ginger, and salt.

Bring to boiling; reduce heat. Simmer, uncovered, about 30 minutes or until slightly thickened, stirring frequently (if mixture spatters, reduce heat further).

3. Ladle carrot butter into half-pint freezer containers, leaving a ½-inch headspace. Cool for 30 minutes. Seal and label containers.

4. Store in the freezer for up to 6 months or in the refrigerator for up to 1 week.

PER 2 TABLESPOONS: 44 cal., 2 g fat (2 g sat. fat), 0 mg chol., 38 mg sodium, 7 g carb., 1 g fiber, 1 g pro.

BUTTERS & SPREADS

MANGO-CITRUS SPREAD

FOR THE BEST FLAVOR, BE SURE YOUR MANGOES ARE RIPE. TO TEST FOR RIPENESS, PRESS GENTLY ON THE SKIN. THE FLESH SHOULD GIVE JUST SLIGHTLY, AND THE FRUIT SHOULD BE SUBTLY FRAGRANT.

PREP: 30 MINUTES **COOK:** 1 HOUR 5 MINUTES **PROCESS:** 5 MINUTES
MAKES: 4 HALF-PINTS **PHOTO**

- 7 cups chopped, peeled mangoes (see tip)
- 1 cup orange juice
- ¾ cup water
- 2½ cups sugar
- 2 teaspoons finely shredded lime peel
- 2 tablespoons lime juice

1. In a 4- to 6-quart stainless-steel, enamel, or nonstick heavy pot combine chopped mangoes, orange juice, and the water. Bring to boiling over medium-high heat, stirring frequently. Reduce heat to low. Simmer, uncovered, about 30 minutes or until mangoes are very tender, stirring occasionally.

2. Place a food mill over a large bowl. Ladle cooked mango mixture into food mill; press the mixture into the bowl. (Or if you don't have a food mill, place a large sieve over a large bowl. Strain the mixture through the sieve, using the back of a spoon to press the mixture into bowl.)

3. Return strained mango mixture to the large pot. Stir in sugar, lime peel, and lime juice. Bring to boiling over medium heat, stirring until sugar dissolves. Reduce heat to low. Simmer, uncovered, for 35 minutes. Remove from heat. Quickly skim off foam with a metal spoon.

4. Ladle hot mixture into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 44 cal., 0 g fat, 0 mg chol., 0 mg sodium, 11 g carb., 0 g fiber, 0 g pro.

BUTTERS & SPREADS

MOROCCAN-SPICED BUTTERNUT SQUASH BUTTER

DRESS UP SIMPLE GRILLED OR PAN-SEARED PORK CHOPS WITH THIS AROMATIC BUTTER.

PREP: 25 MINUTES **COOK:** 15 MINUTES **COOL:** 30 MINUTES
MAKES: 8 HALF-PINTS

- 6 cups Butternut Squash Puree
- 2 cups packed brown sugar
- 2 cups pomegranate juice
- 2 teaspoons finely shredded lemon peel
- ¼ cup lemon juice
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ½ teaspoon ground ginger
- ½ teaspoon ground allspice
- ¼ teaspoon cayenne pepper

1. In a 5-quart heavy pot combine Butternut Squash Puree, brown sugar, pomegranate juice, lemon peel, lemon juice, cumin, cinnamon, salt, ginger, allspice, and cayenne pepper. Bring to boiling; reduce heat. Simmer, uncovered, about 15 minutes or until thickened, stirring frequently (if mixture spatters, reduce heat further).

2. Ladle squash butter into half-pint freezer containers, leaving a ½-inch headspace. Cool for 30 minutes. Seal and label containers.

3. Store in the freezer for up to 6 months or in the refrigerator for up to 1 week.

BUTTERNUT SQUASH PUREE: Preheat oven to 375°F. Line a large baking sheet with parchment paper. Cut two 3- to 3½-pound butternut squash in half lengthwise. Arrange halves, cut sides down, on the prepared baking sheet. Roast, uncovered, for 45 to 50 minutes or until tender. When cool enough to handle, scrape pulp from rinds. Working in batches, place pulp in a food processor or blender; cover and process or blend until smooth. Transfer puree to a fine-mesh sieve lined with a double layer of damp 100-percent-cotton cheesecloth. Let stand for 1 hour to drain. Press lightly to remove any additional liquid; discard liquid.

PER 2 TABLESPOONS: 54 cal., 0 g fat, 0 mg chol., 26 mg sodium, 14 g carb., 1 g fiber, 0 g pro.

BUTTERS & SPREADS

CRANBERRY-TANGERINE SPREAD

FOR A CHRISTMASTIME TREAT, SANDWICH THIS FESTIVE FRUIT COMBO BETWEEN SUGAR COOKIES.

PREP: 20 MINUTES **COOK:** 30 MINUTES **COOL:** 1 HOUR
PROCESS: 5 MINUTES **MAKES:** SIX 4-OUNCE JARS

- 1 12-ounce package fresh cranberries
- 1 cup water
- ½ cup tangerine juice or orange juice
- 3 cups sugar
- 2½ inches stick cinnamon

1. In a large heavy saucepan combine cranberries, the water, and tangerine juice. Bring to boiling; reduce heat. Simmer, covered, about 5 minutes or until cranberries pop. Remove from heat; cool for 1 hour.

2. Transfer cranberry mixture to a food processor or blender. Cover and process or blend until smooth; return puree to saucepan.

3. Stir in sugar and stick cinnamon. Bring to boiling, stirring constantly; reduce heat. Simmer, uncovered, about 25 minutes or until thickened, stirring frequently. Remove from heat. Remove and discard stick cinnamon.

4. Ladle hot spread into hot sterilized 4-ounce canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw

bands.

5. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

TIP: Tangerines come in several varieties. Honey tangerines are a cross between a tangerine and an orange. Fairchild tangerines are juicy and rich-tasting but can be a little tough to peel. And Minneola tangerines, or tangelos, are a tangerine-grapefruit cross with a mellow and sweet flavor. You can use any type in this recipe.

PER 1 TABLESPOON: 53 cal., 0 g fat, 0 mg chol., 0 mg sodium, 14 g carb., 0 g fiber, 0 g pro.

KEEP IT REAL

Sugar enhances flavor, but it also helps retain color and—in whole-fruit recipes—the shape of the fruit. While it might be tempting to try sugar substitutes in home-canned fruit spreads, our Test Kitchen does not recommend it. They can create unpleasant flavors.

BUTTERS & SPREADS

ROASTED RED PEPPER–HONEY SPREAD

THIS SPREAD PAIRS BEAUTIFULLY WITH GRILLED BURGERS AND FULL-FLAVOR CHEESES SUCH AS CHEDDAR AND BLUE.

PREP: 30 MINUTES **ROAST:** 30 MINUTES AT 450°F **STAND:** 15 MINUTES
COOK: 1 HOUR 45 MINUTES **PROCESS:** 10 MINUTES
MAKES: 4 HALF-PINTS **PHOTO**

- 6 pounds red sweet peppers
- 8 cloves garlic
- 1 cup honey
- ½ cup water
- ½ cup red wine vinegar
- 1 teaspoon salt

1. Preheat oven to 450°F. Line two large baking sheets with foil. Cut peppers in half lengthwise; remove stems, seeds, and membranes. Place pepper halves, cut sides down, on the prepared baking sheets. Scatter garlic cloves around peppers. Roast about 30 minutes or until peppers and garlic cloves are browned.

2. Bring foil up around peppers and garlic and fold edges together to enclose. Let stand about 15 minutes or until cool enough to handle. Using a sharp knife, loosen edges of pepper skins; gently pull off skins and discard. Coarsely chop peppers

and garlic. Working in batches, transfer peppers and garlic to a food processor. Cover and process until smooth.

3. Transfer pepper mixture to a 4- to 6-quart heavy pot. Stir in honey, the water, vinegar, and salt. Bring to boiling over medium-high heat, stirring constantly; reduce heat. Simmer, uncovered, for 1¾ hours or until thickened, stirring frequently.

4. Ladle hot spread into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 40 cal., 0 g fat, 0 mg chol., 44 mg sodium, 9 g carb., 1 g fiber, 1 g pro.

PLAN TO CAN

To ensure the best-quality canned goods, start with high-quality produce. Choose fruits and vegetables that are ripe and free from blemishes. Produce is at its peak right after it's been harvested, so if possible, plan to can within 6 to 12 hours after picking.

BUTTERS & SPREADS

GINGER–BROWN SUGAR SWEET POTATO BUTTER

FRESHLY GROUND NUTMEG IS MUCH MORE FLAVORFUL THAN PREPARED GROUND NUTMEG. INVEST IN A FEW NUTMEG SEEDS AND A GRATER AND YOU WILL BE SET FOR A VERY LONG TIME—WHOLE NUTMEG CAN BE STORED FOR UP TO 5 YEARS IN A COOL, DRY PLACE.

PREP: 25 MINUTES **BAKE:** 40 MINUTES AT 425°F **COOK:** 30 MINUTES
COOL: 30 MINUTES **MAKES:** 5 HALF-PINTS **PHOTO**

- 3½ to 4 pounds orange-flesh sweet potatoes
- 1½ cups packed brown sugar
- ⅔ cup apple juice
- ¼ cup bottled lemon juice
- 1 tablespoon grated fresh ginger
- ¼ teaspoon salt
- ¼ teaspoon ground nutmeg

1. Preheat oven to 425°F. Scrub sweet potatoes thoroughly with a brush; pat dry. Prick sweet potatoes with a fork. Bake for 40 to 60 minutes or until tender; cool slightly. Cut sweet potatoes in half lengthwise. Scoop out pulp, discarding skins. Transfer potato pulp to a food processor. Cover and process until very smooth, scraping sides of bowl occasionally. Measure 4 cups sweet potato puree (save the remaining puree for another use).

2. In a 5-quart heavy pot combine the 4 cups sweet potato puree, the brown sugar, apple juice, lemon juice, ginger, salt, and nutmeg. Bring to boiling; reduce heat. Simmer, uncovered, for 30 minutes, stirring frequently (if mixture spatters, reduce heat further).

3. Ladle sweet potato butter into half-pint freezer containers, leaving a ½-inch headspace. Cool for 30 minutes. Seal and label containers.

4. Store in the freezer for up to 6 months or in the refrigerator for up to 1 week.

TIP: Sweet potatoes are tubers commonly available in two varieties: one with light skin and pale flesh, the other with reddish skin and vibrant orange flesh. Yams are tubers native to Asia and Africa. The “yams” at the grocery store are most likely orange-flesh sweet potatoes, which are often mislabeled in the United States. For this recipe, look for small to medium orange-flesh sweet potatoes.

PER 2 TABLESPOONS: 62 cal., 0 g fat, 0 mg chol., 27 mg sodium, 15 g carb., 1 g fiber, 0 g pro.

BUTTERS & SPREADS

CRANBERRY-PEAR BUTTER

SLATHER THIS SWEET-TART SPREAD ON MORNING PANCAKES. IT ALSO MAKES A LOVELY HOSTESS GIFT DURING THE HOLIDAY SEASON.

PREP: 25 MINUTES **COOK:** 35 MINUTES **PROCESS:** 5 MINUTES
MAKES: 7 HALF-PINTS **PHOTO**

- 3 pounds ripe pears, peeled, cored, and cubed
- 2 12-ounce packages fresh cranberries
- ¼ cup water
- 2 cups sugar
- 1 tablespoon ground cinnamon
- ¼ teaspoon ground cloves

1. In a 5- to 6-quart heavy pot combine pears, cranberries, and the water. Bring to boiling; reduce heat. Simmer, covered, about 15 minutes or until pears are very soft, stirring occasionally.

2. Stir in sugar, cinnamon, and cloves. Return to boiling; reduce heat. Simmer, uncovered, about 20 minutes or until mixture is very thick and mounds on a spoon, stirring frequently.

3. Ladle hot pear butter into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from

canner; cool on wire racks.

PER 2 TABLESPOONS: 49 cal., 0 g fat, 0 mg chol., 1 mg sodium, 13 g carb., 1 g fiber, 0 g pro.

FLEXIBLE FLAVOR

Using a couple different varieties of a particular fruit can help create a more interesting, complex butter because each one has different qualities. You can also safely adjust spice levels if you like—or eliminate them entirely for more fruit flavor.

BUTTERS & SPREADS

PEACH-HONEY BUTTER

THIS SPREAD IS SIMPLICITY ITSELF—JUST PEACHES, WATER, SUGAR, AND HONEY—SO IT'S IMPORTANT THAT EACH INGREDIENT IS A VERY GOOD QUALITY. BE SURE YOUR PEACHES ARE JUICY AND SWEET AND HAVE A NICE, SMOOTH TEXTURE—WITH NO GRAININESS OR MUSHINESS.

PREP: 35 MINUTES **COOK:** 1 HOUR 10 MINUTES **PROCESS:** 5 MINUTES
MAKES: 10 HALF-PINTS

- 18 ripe medium peaches, peeled, pitted, and cut up, or 9 cups frozen unsweetened peach slices, thawed
- ¼ cup water
- 2¼ cups sugar
- ¾ cup honey

1. In an 8- to 10-quart heavy pot combine peaches and the water. Bring to boiling; reduce heat. Simmer, covered, for 10 to 15 minutes or until peaches are tender. Remove from heat; cool slightly.

2. In a food processor or blender puree peach mixture, in batches, until smooth (you should have about 14 cups puree). Return all of the peach puree to the pot. Add sugar and honey. Bring to boiling, stirring until sugar dissolves; reduce heat. Simmer, uncovered, for 60 to 70 minutes or until mixture is thick and starts to mound, stirring often.

3. Ladle hot butter into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 2 TABLESPOONS: 48 cal., 0 g fat, 0 mg chol., 0 mg sodium, 12 g carb., 1 g fiber, 0 g pro.

BUTTERS & SPREADS

BROWN SUGAR–VANILLA BANANA BUTTER

VANILLA BEANS ARE VULNERABLE TO DRYING OUT AND BECOMING BRITTLE, WHICH MAKES THEM DIFFICULT TO SPLIT AND SCRAPE. LOOK FOR VANILLA BEANS THAT ARE PLIABLE AND FRAGRANT.

PREP: 30 MINUTES **COOK:** 15 MINUTES **PROCESS:** 5 MINUTES
MAKES: ABOUT 9 HALF-PINTS

- 4 cups packed brown sugar
- 2 cups granulated sugar
- 4 cups mashed ripe bananas (about 12)
- ½ cup bottled lemon juice
- 1 1.75-ounce package regular powdered fruit pectin
- ½ teaspoon butter
- 1 vanilla bean, split lengthwise
- 1 cup chopped pecans, toasted (see Toasting Nuts) (optional)

1. In a large bowl combine brown sugar and granulated sugar; set aside. In a 6- to 8-quart heavy pot combine mashed bananas, lemon juice, pectin, and butter. Scrape the seeds from the vanilla bean; add the seeds and the pod to the pot. Bring to a full rolling boil over high heat, stirring constantly.

2. Quickly stir in the sugar all at once. Boil hard for 1 minute, stirring constantly. Remove and discard vanilla bean pod. If

desired, stir in pecans.

3. Ladle hot mixture into hot sterilized half-pint canning jars, leaving ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 44 cal., 0 g fat, 0 mg chol., 2 mg sodium, 11 g carb., 0 g fiber, 0 g pro.

IS IT DONE YET?

To test for doneness of fruit butters, scoop a small spoonful of the hot butter out of the pot and keep it away from the steam for 2 minutes. If it remains mounded on the spoon, the mixture is ready for canning.

BUTTERS & SPREADS

BANANAS FOSTER BUTTER

ALL OF THE FLAVORS OF THE FAMOUS NEW ORLEANS DESSERT—BANANAS, BROWN SUGAR, RUM, AND SWEET SPICES—ARE PRESENT IN THIS CREAMY FRUIT BUTTER.

PREP: 20 MINUTES **COOK:** 20 MINUTES **PROCESS:** 10 MINUTES
MAKES: 5 HALF-PINTS **PHOTO**

- 8 ripe, firm large bananas
- 1 cup granulated sugar
- 1 cup packed brown sugar
- ⅓ cup bottled lemon juice
- 3 tablespoons light rum
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg

1. Using a potato masher, mash bananas until smooth. Transfer mashed bananas to a 5-quart heavy pot. Stir in granulated sugar, brown sugar, lemon juice, rum, cinnamon, and nutmeg. Bring to boiling; reduce heat. Simmer, uncovered, about 20 minutes or until thickened, stirring frequently.

2. Ladle hot banana butter into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 38 cal., 0 g fat, 0 mg chol., 1 mg sodium, 9 g carb., 0 g fiber, 0 g pro.

BUTTERS & SPREADS

WHITE CHOCOLATE–RASPBERRY DESSERT SPREAD

TARTLY SWEET RASPBERRIES MESH MAGNIFICENTLY WITH WHITE CHOCOLATE. SANDWICH THE SPREAD BETWEEN COOKIES, CHOCOLATE GRAHAM CRACKERS, OR POUND CAKE SLICES.

PREP: 35 MINUTES **PROCESS:** 10 MINUTES **MAKES:** 8 HALF-PINTS

- 6 cups raspberries
- 1 vanilla bean, split lengthwise
- 1 1.75-ounce package regular powdered fruit pectin
- 6 cups sugar
- 9 ounces white baking chocolate (with cocoa butter), finely chopped
- 2 teaspoons vanilla extract

1. Place raspberries in a 4- to 6-quart heavy pot. Use a potato masher to slightly crush the berries. Add the vanilla bean. Heat over medium heat for 5 minutes, stirring occasionally. Slowly add the pectin, stirring constantly. Bring to a full rolling boil, stirring constantly. Add sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly.

2. Remove from heat. Discard vanilla bean. Add white chocolate, stirring until chocolate is completely melted. Stir in vanilla extract.

3. Ladle hot spread into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 52 cal., 1 g fat (0 g sat. fat), 0 mg chol., 3 mg sodium, 12 g carb., 0 g fiber, 0 g pro.

CHUTNEYS & CONSERVES

TOMATO-MANGO CHUTNEY

BLUEBERRY-MAPLE-PEAR CONSERVE

GREAT WITH Pork

PEAR-CHERRY CHUTNEY

serve with cheese

TOMATO-RHUBARB CHUTNEY

TOASTED WALNUT-PLUM CONSERVE

MELANGES OF FRUITS AND NUTS MADE FOR MEATS AND CHEESES

CHUTNEYS

Apricot-Date Chutney
Blueberry-Cranberry Chutney
Gingered Cranberry-Pear Chutney
Gingered Holiday Chutney
Golden Pear Chutney
Green Tomato–Pineapple Chutney
Papaya-Rum Chutney
Peach Chutney
Pear-Cherry Chutney
Tomato-Mango Chutney
Tomato-Rhubarb Chutney
Tunisian Raisin-Rhubarb Chutney

CONSERVES

Blueberry-Maple-Pecan Conserve
Nutmeg-Apple Conserve
Pear and Cranberry Conserve
Pickled Beet, Pear, and Sage Conserve
Toasted Walnut–Plum Conserve
Vidalia Onion and Maple Conserve

Homemade Raspberry Vinegar

TIPS AND TECHNIQUES

chutneys, about
conserves, about
food processor, chopping in
freezing directions
jars, amount per batch

nuts, in conserves
nuts, toasting
papayas, selecting
pots, for canning
rasp grater
serving chutneys and conserves
spices, grinding whole
tomatoes, peeled vs. unpeeled

THE BASICS OF

CHUTNEYS & CONSERVES

THESE CHUNKY MELANGES OF FRESH AND DRIED FRUITS, SPICES, AND SOMETIMES NUTS OR VINEGAR ARE EXCELLENT ACCOMPANIMENTS TO MEATS AND CHEESES. THEY ARE NOT DIFFICULT TO MAKE BUT LOOK BEAUTIFUL —COLORFUL AND TEXTURED IN THE JAR—AND ARE MUCH-APPRECIATED GIFTS.

CONSERVES

Similar to jams, conserves are soft spreads with pieces of fresh and/or dried fruits and often nuts. Serve with pancakes, waffles, scones, and other breakfast breads. They lend a hint of sweetness when used to garnish meats or a splash of color when presented with cheese on an appetizer tray.

Cooking conserves is similar to the technique used to make jams. The fruit is cooked with sugar, spices, and sometimes additional liquid. If nuts are used they are usually stirred in just before filling the jars. Nuts will soften with processing and storing, so if crunchy nuts are important to you, leave them out and wait to stir them into the conserve when you serve it. Since conserves are made up mostly of fruit and sugar, they are processed in a boiling-water canner.

CHUTNEYS

A chutney is similar to a conserve in that it is made with a combination of fresh and dried fruit, but the addition of vinegar

gives a characteristic sweet-sour flavor. Recipes often include spices, onions, garlic, and peppers. Chutneys vary in flavor from mild to hot and in texture from chunky to smooth. They are delicious with meats and cheese and also as a sandwich spread.

When making chutney use nonreactive utensils and pots. Some materials react with vinegar, causing an unpleasant flavor in the finished product. Use stainless-steel or plastic utensils as well as stainless-steel, enamel, or nonstick pots.

TO CAN OR FREEZE

Chutneys and conserves made without pectin can be frozen as well as canned. To freeze, prepare the recipe as directed up to the point of filling the jars. Ladle the chutney or conserve into half-pint freezer containers. Leave a ½-inch headspace to allow for expansion. Cool for 30 minutes before sealing and labeling the containers. Store for up to 2 weeks in the refrigerator or for up to 6 months in the freezer. If frozen, thaw in the refrigerator. Chutneys and conserves taste best at room temperature or warmed. Allow the container to stand at room temperature for an hour or so before serving or warm in a saucepan or in the microwave.

TOASTING NUTS

Toasting enhances the flavor of nuts and helps maintain a little crunch. To toast whole or coarsely chopped nuts, spread them in a shallow baking pan. Bake in a 350°F oven for 5 to 10 minutes or until light brown, stirring nuts or shaking the pan once or twice to toast evenly. If you are toasting hazelnuts, turn them out on a clean kitchen towel; rub with the towel to remove loose skins. Toast finely chopped nuts or seeds in a dry skillet

over medium heat just until golden, stirring and shaking pan frequently so they don’t burn.

Chutneys and conserves taste best served at room temperature or even warmed. Heat the contents of a jar over low heat and stir often to avoid overheating or scorching.

CONSERVES & CHUTNEYS

GREEN TOMATO–PINEAPPLE CHUTNEY

PUT THIS UP IN EARLY FALL, WHEN THE TOMATO PLANTS ARE STILL PRODUCING BUT A FROST COULD TAKE THEM OUT AT ANY TIME—AND YOU DON'T WANT A BOUNTY OF GREEN TOMATOES TO GO TO WASTE. THEY'LL FIND A TASTY HOME IN THIS SWEET AND SPICY CHUTNEY.

PREP: 30 MINUTES **COOK:** 1 HOUR **PROCESS:** 10 MINUTES
MAKES: 5 HALF-PINTS **PHOTO**

- 3 pounds green tomatoes, cored and chopped into ¾-inch pieces (about 8 cups)
- 4 cups sugar
- 2 cups chopped fresh pineapple
- 1 cup water
- 2 tablespoons grated fresh ginger
- 1 teaspoon finely shredded lime peel
- 2 tablespoons lime juice
- 1 tablespoon minced garlic (about 6 cloves)
- 1 cup lightly packed fresh cilantro leaves, snipped
- ½ cup lightly packed fresh mint leaves, snipped
- 1 to 2 fresh Thai chile peppers, finely chopped (see tip)

1. In a 4- to 6-quart stainless-steel, enamel, or nonstick heavy pot combine green tomatoes, sugar, pineapple, the water,

ginger, lime peel, lime juice, and garlic. Bring to boiling, stirring frequently; reduce heat. Simmer, uncovered, about 1 hour or until thickened.

2. Stir in cilantro, mint, and Thai chiles.

3. Ladle hot chutney into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 2 TABLESPOONS: 92 cal., 0 g fat, 0 mg chol., 6 mg sodium, 23 g carb., 1 g fiber, 1 g pro.

CONSERVES & CHUTNEYS

APRICOT-DATE CHUTNEY

FOR A QUICK APPETIZER, SPREAD CREAM CHEESE AND THIS SWEETLY SPICED CHUTNEY BETWEEN SLICES OF COCKTAIL RYE BREAD. IT'S ALSO LOVELY WITH BAKED HAM AND TURKEY BREAST.

PREP: 40 MINUTES **COOK:** 15 MINUTES **PROCESS:** 10 MINUTES
MAKES: 4 HALF-PINTS **PHOTO**

- 1 tablespoon vegetable oil
- 1 cup chopped onion (1 large)
- 2 teaspoons grated fresh ginger
- 4 cloves garlic, minced
- ⅔ cup sugar
- ½ cup red wine vinegar
- ¼ cup bottled lemon juice
- ½ teaspoon dry mustard
- ½ teaspoon ground allspice
- Dash ground cloves
- 3 cups chopped, peeled ripe apricots (8 to 12 medium)
- ¾ cup snipped, pitted dates

1. In a medium stainless-steel, enamel, or nonstick heavy saucepan heat oil over medium heat. Add onion, ginger, and garlic. Cook until onion is tender, stirring occasionally. Stir in sugar, vinegar, lemon juice, dry mustard, allspice, and cloves.

Bring to boiling, stirring to dissolve sugar; reduce heat. Simmer, uncovered, for 5 minutes.

2. Stir apricots and dates into the onion mixture. Return to boiling; reduce heat. Simmer, uncovered, about 10 minutes or until thickened, stirring occasionally. Remove from heat.

3. Ladle hot chutney into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 2 TABLESPOONS: 39 cal., 0 g fat, 0 mg chol., 1 mg sodium, 9 g carb., 1 g fiber, 0 g pro.

PICK THE RIGHT POT

When cooking with acidic foods such as tomatoes, vinegar, and lemon juice, use a nonreactive stainless-steel or enamel-coated cast-iron pot. Materials such as aluminum and uncoated cast iron are subject to pitting and can leach metal into the food.

CONSERVES & CHUTNEYS

GINGERED CRANBERRY-PEAR CHUTNEY

TO PEEL FRESH GINGER, SCRAPE A TEASPOON FROM THE TOP TO THE BOTTOM OF THE ROOT.

PREP: 30 MINUTES **COOK:** 35 MINUTES **PROCESS:** 10 MINUTES
MAKES: 5 HALF-PINTS

- 1 12-ounce package fresh cranberries (3 cups)
- 1⅔ cups packed brown sugar
- ½ cup chopped onion (1 medium)
- 1⅓ cups water
- ½ cup cider vinegar
- 1 tablespoon bottled lemon juice
- 3 inches stick cinnamon
- 1 tablespoon grated fresh ginger
- 3 cups coarsely chopped, peeled pears (3 medium)

1. In a 4-quart stainless-steel, enamel, or nonstick pot combine cranberries, brown sugar, and onion. Stir in the water, vinegar, lemon juice, stick cinnamon, and ginger. Bring to boiling; reduce heat. Simmer, uncovered, for 20 minutes.

2. Add pears. Simmer, uncovered, about 15 minutes more or until thick. Discard stick cinnamon.

3. Ladle hot chutney into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 2 TABLESPOONS: 48 cal., 0 g fat, 0 mg chol., 3 mg sodium, 12 g carb., 1 g fiber, 0 g pro.

CONSERVES & CHUTNEYS

BLUEBERRY-CRANBERRY CHUTNEY

SERVE THIS SLIGHTLY SPICY CHUTNEY WITH PORK AND LAMB.

PREP: 10 MINUTES **COOK:** 55 MINUTES **PROCESS:** 10 MINUTES
MAKES: 3 HALF-PINTS

- 1 cup sugar
- 1 cup raspberry-flavor vinegar
- 1 cup finely chopped onion (1 large)
- 2 teaspoons finely shredded lemon peel
- ½ teaspoon grated fresh ginger
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon salt
- ⅛ teaspoon cayenne pepper
- 6 cups fresh or frozen blueberries
- 1 cup fresh or frozen cranberries

1. In a medium saucepan stir together sugar, vinegar, onion, lemon peel, ginger, cinnamon, salt, and cayenne pepper. Bring to boiling, stirring to dissolve sugar; reduce heat. Simmer, uncovered, for 15 minutes, stirring occasionally.

2. Stir in 2 cups of the blueberries and the cranberries. Return to boiling; reduce heat. Simmer, uncovered, for 20 minutes, stirring occasionally.

3. Add remaining 4 cups blueberries. Return to boiling; reduce heat. Simmer, uncovered, for 20 minutes more or until thickened and of desired consistency, stirring occasionally.

4. Ladle hot chutney into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

FREEZING DIRECTIONS: Prepare chutney as directed through Step 3. Ladle chutney into half-pint freezer containers, leaving a ½-inch headspace. Cool for 30 minutes. Seal and label containers. Store in the refrigerator for up to 2 weeks or in the freezer for up to 3 months.

PER 2 TABLESPOONS: 58 cal., 0 g fat, 0 mg chol., 13 mg sodium, 15 g carb., 1 g fiber, 0 g pro.

HOMEMADE RASPBERRY VINEGAR

In a small stainless-steel saucepan combine 2 cups white wine vinegar and 1 cup fresh raspberries. Bring to boiling, then reduce heat and boil gently, uncovered, for 3 minutes. Remove from heat; cover loosely with 100-percent-cotton cheesecloth; cool. Pour into a clean 1-quart jar. Cover jar tightly with a nonmetallic lid (or cover with plastic wrap and tightly seal with a metal lid). Let stand in a cool, dark place for 2 weeks. Line a colander with several layers of cheesecloth. Strain mixture through colander into a bowl. Discard fruit. Transfer strained vinegar to a clean 1-pint jar or bottle. Cover tightly with a nonmetallic lid (or cover with plastic wrap and tightly seal with a metallic lid). Store in a cool, dark place for up to 6 months.

CONSERVES & CHUTNEYS

TUNISIAN RAISIN-RHUBARB CHUTNEY

THIS SWEET-SPICY CONDIMENT GETS ITS INTENSE FLAVOR FROM CHILES, TANGY RHUBARB, AND THE NORTH AFRICAN SPICE COMBO OF CUMIN, CORIANDER, AND CARAWAY. PAIR IT WITH ANYTHING FROM CHEESE AND CRACKERS TO GRILLED PORK CHOPS AND CHICKEN.

PREP: 45 MINUTES **COOK:** 15 MINUTES **PROCESS:** 10 MINUTES
MAKES: 4 HALF-PINTS **PHOTO**

- 3 dried ancho and/or pasilla chile peppers, seeded and snipped into 1-inch pieces (see tip)
- 1½ teaspoons coriander seeds
- 1 teaspoon caraway seeds
- 1 teaspoon cumin seeds
- 4½ cups chopped rhubarb
- ¾ cup raisins
- ¾ cup granulated sugar
- ½ cup packed brown sugar
- ½ cup finely chopped red onion (1 medium)
- ½ cup red wine vinegar
- ½ cup water
- 2 fresh cayenne or serrano chile peppers, thinly sliced (see tip)
- 3 cloves garlic, minced
- ½ teaspoon salt

1. Heat a large skillet over medium heat. Add dried chiles, coriander seeds, caraway seeds, and cumin seeds. Cook about 2 minutes or until toasted and fragrant, shaking skillet and stirring frequently; cool slightly. In a well-ventilated area, transfer dried chile mixture to a spice grinder; process until finely ground.

2. In a large stainless-steel, enamel, or nonstick heavy saucepan combine rhubarb and raisins. Stir in ground spice mixture, granulated sugar, brown sugar, onion, vinegar, the water, fresh chiles, garlic, and salt. Bring to boiling, stirring frequently; reduce heat. Simmer, covered, for 10 minutes, stirring occasionally. Simmer, uncovered, for 5 to 10 minutes more or until thickened.

3. Ladle hot chutney into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 26 cal., 0 g fat, 0 mg chol., 20 mg sodium, 6 g carb., 0 g fiber, 0 g pro.

HOW MANY JARS?

Before you begin the canning process, place the jars in the canner to check how many will fit. Jars can be stacked on one another; however, the top layer must be covered by at least 1 inch of water. If the recipe yield is greater than the number of jars that you can process in one batch, place the extra in an airtight container and refrigerate or freeze.

CONSERVES & CHUTNEYS

TOMATO-RHUBARB CHUTNEY

SERVE THIS CHUTNEY WITH GRILLED BEEF AND CHICKEN, SPREAD IT ON A GRILLED CHEESE SANDWICH, OR USE IT TO TOP A ROUND OF BRIE CHEESE TO SERVE WITH CRACKERS FOR A PARTY SNACK.

PREP: 30 MINUTES **COOK:** 40 MINUTES **PROCESS:** 10 MINUTES
MAKES: 3 HALF-PINTS **PHOTO**

- 1½ cups chopped, seeded ripe tomatoes (3 medium)
- ⅓ cup chopped onion (1 small)
- ⅓ cup coarsely chopped red sweet pepper
- ⅓ cup dried tart red cherries, dried cranberries, or raisins
- ⅓ cup white vinegar
- ¼ cup granulated sugar
- ¼ cup packed brown sugar
- ¼ cup water
- 1 tablespoon lime juice or lemon juice
- 1 teaspoon grated fresh ginger or ¼ teaspoon ground ginger
- ¼ teaspoon salt
- 2 cloves garlic, minced
- 1 cup fresh rhubarb cut into ½-inch pieces or 1 cup frozen cut rhubarb, thawed and drained

1. In a large stainless-steel, enamel, or nonstick heavy pot combine tomatoes, onion, sweet pepper, dried cherries, vinegar,

granulated sugar, brown sugar, the water, lime juice, ginger, salt, and garlic. Bring to boiling, stirring occasionally; reduce heat. Simmer, covered, for 25 minutes, stirring occasionally.

2. Stir rhubarb into tomato mixture. Simmer, covered, for 10 minutes. Uncover; simmer about 5 minutes more (15 minutes more if using frozen rhubarb) or until mixture is thickened.

3. Ladle hot chutney into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

FREEZING DIRECTIONS: Prepare chutney as directed through Step 2. Ladle chutney into half-pint freezer containers, leaving a ½-inch headspace. Cool for 30 minutes. Seal and label containers. Store in the refrigerator for up to 1 week or in the freezer for up to 3 months.

PER 2 TABLESPOONS: 30 cal., 0 g fat, 0 mg chol., 29 mg sodium, 8 g carb., 0 g fiber, 0 g pro.

CONSERVES & CHUTNEYS

BLUEBERRY-MAPLE-PECAN CONSERVE

PURE MAPLE SYRUP IS PRICEY BUT ESSENTIAL TO THE FLAVOR OF THIS RICH CONSERVE.

PREP: 20 MINUTES **COOK:** 35 MINUTES **PROCESS:** 10 MINUTES
MAKES: 5 HALF-PINTS

- 4 cups blueberries
- 1 cup water
- 1 cup pure maple syrup
- 2 tablespoons bottled lemon juice
- 2 cups packed brown sugar
- 1 cup dried currants
- 1 cup chopped pecans
- 1 teaspoon ground cinnamon

1. In a 4- to 6-quart heavy pot combine blueberries, the water, maple syrup, and lemon juice. Using a potato masher, slightly crush berries. Bring to boiling; reduce heat. Simmer, covered, about 5 minutes or until blueberries are tender, stirring occasionally.

2. Stir brown sugar and currants into blueberry mixture. Return to boiling, stirring until sugar dissolves; reduce heat. Simmer,

uncovered, about 30 minutes or until thickened, stirring occasionally. Remove from heat. Stir in pecans and cinnamon.

3. Ladle hot conserve into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 2 TABLESPOONS: 100 cal., 2 g fat (0 g sat. fat), 0 mg chol., 4 mg sodium, 21 g carb., 1 g fiber, 1 g pro.

CONSERVES & CHUTNEYS

PEACH CHUTNEY

SOUTHERN COOKS HAVE THE RIGHT IDEA. THEY COMPLEMENT SIMPLE ROASTED MEATS SUCH AS HAM, CHICKEN, AND TURKEY WITH MAKE-AHEAD OR QUICK-TO-FIX RELISHES, PICKLES, AND CONDIMENTS SUCH AS THIS CHUTNEY.

PREP: 30 MINUTES **COOK:** 15 MINUTES **PROCESS:** 10 MINUTES
MAKES: 4 HALF-PINTS

- 1 tablespoon vegetable oil
- 1 cup chopped onion (1 large)
- 2 teaspoons grated fresh ginger
- 4 cloves garlic, minced
- ⅔ cup sugar
- ½ cup red wine vinegar
- ¼ cup bottled lemon juice
- ½ teaspoon dry mustard
- ½ teaspoon ground allspice
- Dash ground cloves
- 3 cups chopped, peeled fresh peaches (4 medium)
- ¾ cup dried tart red cherries or raisins

1. In a medium saucepan heat vegetable oil over medium heat. Add onion, ginger, and garlic; cook until onion is tender but not brown.

2. Stir sugar, vinegar, lemon juice, dry mustard, allspice, and cloves into onion mixture. Bring to boiling, stirring to dissolve sugar. Reduce heat. Simmer, uncovered, for 5 minutes. Stir in peaches and cherries. Return to boiling; reduce heat. Simmer, uncovered, about 10 minutes or until thickened, stirring occasionally.

3. Ladle hot chutney into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

FREEZING DIRECTIONS: Prepare chutney as directed through Step 2. Ladle chutney into half-pint freezer containers, leaving a ½-inch headspace. Let cool for 30 minutes. Seal and label containers. Store in the refrigerator for up to 2 weeks or in the freezer for up to 6 months.

PER 2 TABLESPOONS: 39 cal., 0 g fat, 0 mg chol., 1 mg sodium, 9 g carb., 1 g fiber, 0 g pro.

SPICE NOTES

Although preground spices are convenient to use, if you buy whole spices and grind/grate them yourself, the flavor is so much fresher and more intense. Use an electric spice grinder or coffee bean grinder to grind whole spices. (Clean the grinder by whirling chunks of soft bread in it—the spices will cling to the bread crumbs.) A rasp grater is best for whole nutmeg.

CONSERVES & CHUTNEYS

GOLDEN PEAR CHUTNEY

THIS PEAR-PACKED CHUTNEY MAKES A WONDERFUL ACCOMPANIMENT TO SIMPLE BROILED OR GRILLED CHICKEN, TURKEY, AND ROAST PORK. FOR AN EFFORTLESS APPETIZER, SERVE ALONGSIDE A WEDGE OF BLUE CHEESE AND TOASTED BAGUETTE SLICES.

PREP: 20 MINUTES **COOK:** 15 MINUTES **COOL:** 45 MINUTES
MAKES: 2 HALF-PINTS **PHOTO**

- 1¼ cups pear nectar or apple juice
- ⅔ cup water
- ¼ cup cider vinegar
- 1 cup snipped dried pears
- ⅓ cup snipped dried apricots
- ½ cup very finely chopped onion
- ⅓ cup golden raisins
- 1 tablespoon sugar
- 1 tablespoon grated fresh ginger
- ¼ teaspoon crushed red pepper
- 1 tablespoon finely chopped crystallized ginger

1. In a heavy medium saucepan combine pear nectar, the water, vinegar, dried pears, dried apricots, onion, raisins, sugar, grated fresh ginger, and crushed red pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 15 to 20 minutes or until fruit is

softened, onion is tender, and most of the liquid is absorbed, stirring occasionally.

2. Remove from heat; cool for 15 minutes. Stir in crystallized ginger.

3. Ladle chutney into half-pint freezer containers, leaving a ½-inch headspace. Cool for 30 minutes. Seal and label containers. Store in the refrigerator for up to 5 days or in the freezer for up to 3 months.

PER 1 TABLESPOON: 56 cal., 0 g fat, 0 mg chol., 3 mg sodium, 15 g carb., 1 g fiber, 0 g pro.

CONSERVES & CHUTNEYS

NUTMEG-APPLE CONSERVE

ENJOY THIS SWEET CONCOCTION WITH A NICE SHARP CHEDDAR—OR TRY IT AS A TOPPER FOR YOUR MORNING OATMEAL.

PREP: 45 MINUTES **COOK:** 10 MINUTES **PROCESS:** 5 MINUTES
MAKES: 6 HALF-PINTS

- 5 cups chopped, peeled tart cooking apples
- 1 cup water
- ⅓ cup bottled lemon juice
- 1 1.75-ounce package regular powdered fruit pectin
- 4 cups sugar
- 1 cup golden raisins
- ½ teaspoon ground nutmeg

1. In a 6- to 8-quart heavy pot combine apples, the water, and lemon juice. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes.

2. Stir in pectin. Bring to a full rolling boil, stirring constantly. Stir in sugar and raisins. Return to a full rolling boil, stirring constantly. Boil for 1 minute, stirring constantly. Remove from heat. Stir in nutmeg. Quickly skim off foam with a metal spoon.

3. Ladle hot conserve into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 49 cal., 0 g fat, 0 mg chol., 1 mg sodium, 13 g carb., 0 g fiber, 0 g pro.

CONSERVES & CHUTNEYS

PAPAYA-RUM CHUTNEY

FOR A NONALCOHOLIC VERSION, OMIT THE RUM—BUT WATCH THE MIXTURE CLOSELY DURING COOKING IN STEP 2. THE COOK TIME WILL BE SLIGHTLY SHORTER IF THE RUM IS NOT INCLUDED.

PREP: 40 MINUTES **COOK:** 30 MINUTES **PROCESS:** 10 MINUTES
MAKES: 5 HALF-PINTS

- 5 to 6 papayas or 6 mangoes
- 4 large cloves garlic, quartered
- 4 large fresh chile peppers (such as poblano or jalapeño)
- 2 cups packed light brown sugar
- 1½ cups cider vinegar
- ½ cup light rum

1. Halve papayas; scoop out seeds. Peel and chop papayas. Measure 6 cups chopped fruit. (To prepare mangoes, see tip.)

2. Place chopped fruit in a 4- to 6-quart stainless-steel, enamel, or nonstick heavy pot. Add garlic. Peel, seed, and chop chile peppers (see tip). Measure ½ cup chopped chile peppers; add to pot. Stir in brown sugar and vinegar. Bring to boiling over medium heat. Reduce heat; stir in rum. Boil gently, uncovered, for 30 to 40 minutes or until desired consistency, stirring occasionally.

3. Ladle hot chutney into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 36 cal., 0 g fat, 0 mg chol., 3 mg sodium, 8 g carb., 0 g fiber, 0 g pro.

PICK YOUR PAPAYAS

For canning, be sure to select papayas that are ripe but slightly firm to the touch. Avoid overripe papayas.

CONSERVES & CHUTNEYS

PEAR-CHERRY CHUTNEY

SPOON THIS SPICED CHUTNEY OVER A ROASTED PORK LOIN OR SERVE IT AS AN ALTERNATIVE TO CRANBERRY SAUCE WITH YOUR THANKSGIVING TURKEY.

PREP: 30 MINUTES **COOK:** 20 MINUTES **PROCESS:** 10 MINUTES
MAKES: 4 HALF-PINTS **PHOTO**

- 1 cup dried tart red cherries, snipped
- ½ cup sugar
- 2 teaspoons finely shredded lemon peel
- ⅓ cup bottled lemon juice
- ½ teaspoon ground cinnamon
- ½ teaspoon ground allspice
- 5 cups coarsely chopped, peeled ripe pears

1. In a 4- to 6-quart heavy pot combine dried cherries, sugar, lemon peel, lemon juice, cinnamon, and allspice. Bring to boiling, stirring constantly; reduce heat. Simmer, uncovered, for 5 minutes, stirring occasionally.

2. Stir in pears; return to boiling. Simmer, covered, for 10 minutes. Simmer, uncovered, about 5 minutes more or until cooking liquid barely covers fruit.

3. Ladle hot chutney into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

FREEZING DIRECTIONS: Prepare as directed through Step 2. Ladle chutney into half-pint freezer containers, leaving a ½-inch headspace. Cool for 30 minutes. Seal and label. Store for up to 2 weeks in the refrigerator or for up to 6 months in the freezer.

PER 2 TABLESPOONS: 41 cal., 0 g fat, 0 mg chol., 0 mg sodium, 11 g carb., 1 g fiber, 0 g pro.

CHOP, CHOP

For large measurements of firm fruits such as pears and apples that need to be coarsely chopped, you can use a food processor if you like. Place peeled, cored, and cut-up pears or apples in the bowl of a food processor in batches. Pulse with on/off turns to coarsely chop, being careful not to overprocess.

CONSERVES & CHUTNEYS

PEAR AND CRANBERRY CONSERVE

MAKE A TASTY VINAIGRETTE BY WHISKING TOGETHER ¼ CUP CONSERVE WITH 2 TABLESPOONS WHITE BALSAMIC VINEGAR AND 1 TABLESPOON OLIVE OIL. SERVE OVER MIXED GREENS.

PREP: 25 MINUTES **COOK:** 20 MINUTES **PROCESS:** 10 MINUTES
MAKES: 7 HALF-PINTS

- 6 medium to large firm, ripe pears (such as Bartlett or Bosc) (about 3 pounds total)
- 1 16-ounce package fresh cranberries
- 4 cups sugar
- 1¼ cups water
- 2 tablespoons bottled lemon juice
- 2 tablespoons finely shredded orange peel
- ⅛ teaspoon ground cinnamon
- ⅛ teaspoon ground allspice

1. Peel, core, and chop pears. In a 5- to 6-quart heavy pot combine pears, cranberries, sugar, the water, lemon juice, orange peel, cinnamon, and allspice. Bring to boiling over

medium heat, stirring until sugar dissolves. Boil gently, stirring frequently, for 20 to 25 minutes or until mixture thickens and sheets off a metal spoon (see tip).

2. Ladle hot pear mixture into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 37 cal., 0 g fat, 0 mg chol., 0 mg sodium, 10 g carb., 1 g fiber, 0 g pro.

CONSERVES & CHUTNEYS

TOMATO-MANGO CHUTNEY

DRESS UP A SIMPLE ROAST CHICKEN OR GRILLED JAMAICAN JERK-SPICED CHICKEN KABOBS WITH THIS CLEAN-TASTING CHUTNEY.

PREP: 30 MINUTES **COOK:** 1 HOUR **PROCESS:** 10 MINUTES
MAKES: 5 HALF-PINTS

- 2 pounds tomatoes, peeled (if desired) and chopped
- 2 medium mangoes, peeled, seeded, and chopped (see tip)
- 4 teaspoons finely shredded lemon peel
- 2 teaspoons finely shredded lime peel
- 3½ cups granulated sugar
- 1¼ cups packed brown sugar
- ⅔ cup water

1. In a 4- to 6-quart stainless-steel, enamel, or nonstick heavy pot combine tomatoes, mangoes, lemon peel, and lime peel. Stir in granulated sugar, brown sugar, and the water. Bring to boiling; reduce heat. Simmer, uncovered, about 1 hour or until mixture sheets off a metal spoon (see tip).

2. Ladle hot chutney into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from

canner; cool on wire racks.

PER 2 TABLESPOONS: 105 cal., 0 g fat, 0 mg chol., 3 mg sodium, 27 g carb., 0 g fiber, 0 g pro.

TO PEEL OR NOT TO PEEL

Whether you choose to peel tomatoes (see tip) or not is a matter of personal preference. The skins can be a little tough and bitter and visible, but it's not a necessity to remove them before canning—alone or as part of a melange such as this chutney.

CONSERVES & CHUTNEYS

TOASTED WALNUT–PLUM CONSERVE

FOR AN IMPRESSIVE BUT SUPER-EASY APPETIZER, POP AN 8-OUNCE ROUND OF BRIE IN A 325°F OVEN FOR ABOUT 10 MINUTES, JUST UNTIL SLIGHTLY MELTY. TOP WITH SOME CONSERVE AND SERVE WITH WATER CRACKERS OR LAVASH.

PREP: 30 MINUTES **COOK:** 25 MINUTES **PROCESS:** 10 MINUTES
MAKES: 6 HALF-PINTS **PHOTO**

- 1¾ to 2 pounds purple plums, pitted and finely chopped (5 cups)
- 1 cup water
- 3 tablespoons bottled lemon juice
- 3 cups sugar
- 1 cup finely chopped pitted dried plums (prunes)
- 1½ cups chopped walnuts, toasted (see Toasting Nuts)

1. In a 4- to 6-quart heavy pot combine fresh plums, the water, and lemon juice. Using a potato masher, lightly crush plums. Bring to boiling; reduce heat. Simmer, covered, about 5 minutes or until plums are tender, stirring occasionally.

2. Stir in sugar and dried plums. Return to boiling, stirring to dissolve sugar; reduce heat. Simmer, uncovered, about 20 minutes or until thickened, stirring occasionally. Remove from heat. Stir in walnuts.

3. Ladle hot conserve into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 2 TABLESPOONS: 89 cal., 2 g fat (0 g sat. fat), 0 mg chol., 0 mg sodium, 17 g carb., 1 g fiber, 1 g pro.

CONSERVING THE CRUNCH

Although by definition most conserves contain nuts, the nuts do lose some of their crunchiness when they're canned in the fruit mixture. If you prefer, you can sprinkle the conserve with the toasted nuts at serving time instead of stirring them in before processing.

CONSERVES & CHUTNEYS

VIDALIA ONION AND MAPLE CONSERVE

FOR A YUMMY PIZZA OR TART TOPPING, COMBINE THIS SWEET AND SAVORY MELANGE WITH CRISP-COOKED AND CRUMBLED BACON, FRESH MOZZARELLA, AND A SPRINKLING OF FRESH THYME.

PREP: 30 MINUTES **COOK:** 30 MINUTES **COOL:** 30 MINUTES
MAKES: FIVE 4-OUNCE CONTAINERS

- ¼ cup butter
- ¼ cup olive oil
- 2½ pounds Vidalia onions or other sweet onions (such as Walla Walla or Maui), quartered and thinly sliced (8 cups)
- 2 teaspoons salt
- 2 tablespoons snipped fresh thyme
- 1 teaspoon freshly ground black pepper
- 1 cup pure maple syrup
- ¼ cup sherry vinegar*

1. In an extra-large skillet heat butter and oil over medium-high heat until butter melts. Add onions and salt. Cook, uncovered, about 5 minutes or until onions start to soften, stirring

frequently. Reduce heat to medium-low; stir in thyme and pepper. Cook, covered, for 10 to 12 minutes or until onions are very tender, stirring twice.

2. Increase heat to medium-high. Stir in maple syrup; bring just to boiling. Reduce heat to medium. Cook, uncovered, for 15 to 20 minutes or until most of the liquid has evaporated, stirring frequently. Remove from heat; stir in vinegar.

3. Spoon onion mixture into 4-ounce freezer containers, leaving a ½-inch headspace. Cool for 30 minutes. Seal and label. Store for up to 2 weeks in the refrigerator or for up to 6 months in the freezer. Thaw in the refrigerator; reheat before using.

***TIP:** For a more intense flavor, use aged sherry vinegar.

PER 2 TABLESPOONS: 109 cal., 5 g fat (2 g sat. fat), 6 mg chol., 180 mg sodium, 16 g carb., 1 g fiber, 1 g pro.

CONSERVES & CHUTNEYS

GINGERED HOLIDAY CHUTNEY

RED AND GREEN SWEET PEPPERS AND PEARS STAR IN THIS GIFTABLE CHUTNEY.

PREP: 30 MINUTES **COOK:** 35 MINUTES **PROCESS:** 10 MINUTES
MAKES: 4 HALF-PINTS

- 2 cups packed brown sugar
- ¾ cup vinegar
- ½ cup water
- ½ teaspoon salt
- ¼ teaspoon ground cinnamon
- ¼ teaspoon cayenne pepper
- 1 large lemon
- 1 large lime
- 3 cups coarsely chopped, peeled Anjou pears (about 1 pound)
- 1 cup chopped green sweet pepper (1 large)
- 1 cup chopped red sweet pepper (1 large)
- 1 cup chopped onion (1 large)
- 1 cup golden raisins
- 1 tablespoon finely chopped crystallized ginger

1. In a 4- to 5-quart stainless-steel, enamel, or nonstick heavy pot stir together brown sugar, vinegar, the water, salt, cinnamon, and cayenne pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes, stirring occasionally. Meanwhile, finely shred peel from lemon and lime (should have

about 2 tablespoons peel total); squeeze juice from lemon and lime (should have about ⅓ cup juice total).

2. Add peels, juices, pears, sweet peppers, onion, raisins, and crystallized ginger to hot mixture in pot. Return to boiling; reduce heat to medium-low. Simmer, uncovered, about 25 minutes or until thick, stirring occasionally (should have about 3¾ cups).

3. Ladle hot chutney into hot sterilized half-pint jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 2 TABLESPOONS: 83 cal., 0 g fat, 0 mg chol., 43 mg sodium, 21 g carb., 1 g fiber, 0 g pro.

CITRUS SMARTS

Citrus peel and juice are commonly used ingredients to add flavor to chutneys and other canned concoctions. If you do a lot of canning, invest in a rasp grater such as a Microplane and a good juicer.

CONSERVES & CHUTNEYS

PICKLED BEET, PEAR, AND SAGE CONSERVE

THIS CRIMSON-HUED CONSERVE STUDDED WITH TOASTED WALNUTS IS SWEET, TANGY, AND CRUNCHY—A PERFECT MATCH FOR PORK.

PREP: 20 MINUTES **COOK:** 40 MINUTES **COOL:** 30 MINUTES
MAKES: 4 HALF-PINTS

- 2 16-ounce jars sliced or whole pickled beets, undrained
- 2 cups coarsely chopped, peeled fresh pears (2 medium)
- ½ cup sugar
- 2 tablespoons lemon juice
- 1 cup chopped walnuts, toasted (see Toasting Nuts)
- 2 tablespoons snipped fresh sage

1. Drain beets, reserving liquid from one of the jars (should have about ¾ cup liquid). Coarsely chop beets. In a large saucepan combine beets, the reserved liquid, and the pears. Bring to boiling; reduce heat. Simmer, uncovered, about 10 minutes or until pears are softened, stirring occasionally.

2. Add sugar and lemon juice, stirring to dissolve sugar. Bring to boiling; reduce heat. Simmer, uncovered, about 30 minutes or until thickened, stirring frequently. Stir in walnuts and sage.

3. Ladle conserve into half-pint freezer containers, leaving a ¼-inch headspace. Cool for 30 minutes. Seal and label containers.

4. Store in the refrigerator for up to 1 week or freeze for up to 3 months.

PER 2 TABLESPOONS: 61 cal., 2 g fat (0 g sat. fat), 0 mg chol., 75 mg sodium, 10 g carb., 1 g fiber, 1 g pro.

CANNING CONDIMENTS

SALSA VERDE

SMOKY KETCHUP

PEACH AND PEAR CHILI SAUCE

TRY IT ON A HOT DOG

CHOW-CHOW

SPICY BBQ Sauce

SPICY TRIPLE PEPPER SALSA

SAUCES, SALSAS, AND SERVE-ALONGS TO SPICE UP YOUR MEALS

Chow-Chow

SALSAS

Chunky Tomato Salsa
Farmer's Market Corn Salsa
Fire-Roasted Chunky Tomato Salsa
Mango-Chipotle Salsa
Roasted Tomatillo-Corn Salsa
Salsa Verde
Spicy Triple Pepper Salsa
Tomatillo-Apple Salsa

SAUCES

Hot-Style Chili Sauce
Peach and Pear Chili Sauce
Spicy Barbecue Sauce
Triple Pepper Hot Sauce

Smoky Ketchup

Sweet-Hot Caramelized Onions

TIPS

chile peppers, handling
chipotle peppers, freezing leftover
condiments, standing time and storing
food mills, about
pickling (canning) salt
salsa, timesaving tips
salsa verde, preparation steps

tomatoes, for salsa

THE BASICS OF

CONDIMENTS

CONDIMENTS ARE THE ADD-ONS THAT MAKE SIMPLE FOODS TASTE SUPERB—KETCHUP ON A BURGER, CHILI SAUCE ON MEAT LOAF, AND SALSA ON GRILLED MEAT. CAN AND STASH AN ASSORTMENT IN YOUR PANTRY—START WITH THIS CLASSIC GREEN SALSA.

SALSA VERDE

PREP: 40 MINUTES **BROIL:** 14 MINUTES **STAND:** 20 MINUTES
PROCESS: 15 MINUTES **MAKES:** 6 HALF-PINTS

- 3 pounds fresh tomatillos, husked and rinsed
- 4 fresh poblano chile peppers
- 4 fresh serrano chile peppers
- 1 tablespoon salt
- 1 teaspoon sugar
- 8 cloves garlic, minced (4 teaspoons)
- ⅔ cup white vinegar
- ¼ cup chopped onion
- ¼ cup loosely packed fresh cilantro leaves
- ¼ cup lime juice

1. Preheat broiler. Place tomatillos, poblano peppers, and serrano peppers, in batches if necessary, in a foil-lined 15×10×1-inch baking pan. Broil 4 to 5 inches from the heat for 14 to 16 minutes or until charred, turning once. Remove from broiler.

Wrap poblano and serrano peppers in the foil. Let stand about 20 minutes or until cool enough to handle. Discard stems and seeds; peel off and discard skins (see tip, below). In a food processor or blender combine tomatillos, peppers, salt, sugar, and garlic. Cover and process or blend until chopped.

2. Transfer vegetable mixture to a 5- to 6-quart stainless-steel, enamel, or nonstick heavy pot. Stir in vinegar, onion, cilantro, and lime juice. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove pot from heat.

3. Ladle hot salsa into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 2 TABLESPOONS: 21 cal., 0 g fat, 0 mg chol., 195 mg sodium, 4 g carb., 1 g fiber, 1 g pro.

1. Remove the husks from the tomatillos and rinse off the sticky residue.

2. For roasting, leave the tomatillos and peppers whole.

3. After allowing peppers to cool in the foil, the skins should peel away easily.

4. Use a sharp paring knife to gently scrape the seeds from the peppers.

HANDLING CHILES

Because hot chile peppers, contain volatile oils that can burn your skin and eyes, avoid direct contact with chiles as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch chile peppers, wash your hands well with soap and warm water.

CONDIMENTS

TOMATILLO-APPLE SALSA

IF YOU'D LIKE STRAIGHT TOMATILLO SALSA, PREPARE AS DIRECTED, BUT USE 3 POUNDS OF TOMATILLOS (ABOUT 32) AND OMIT THE APPLES.

PREP: 45 MINUTES **COOK:** 15 MINUTES **PROCESS:** 10 MINUTES
MAKES: 4 TO 5 HALF-PINTS **PHOTO**

- 2 pounds fresh tomatillos (about 24)
- 2 cups finely chopped, peeled tart apples (3 medium)
- ½ cup chopped red sweet pepper (1 small)
- ½ cup cider vinegar
- ¼ to ⅓ cup finely chopped, seeded fresh jalapeño chile peppers (see tip)
- ¼ cup sugar
- ¼ cup snipped fresh cilantro
- 1 teaspoon salt

1. Remove the husks from the tomatillos. Wash the fruit well in cold water (see tip). Halve the tomatillos and remove the cores. Chop tomatillos. Measure 4 cups chopped tomatillos.

2. In a 4- to 6-quart stainless-steel, enamel, or nonstick heavy pot combine the 4 cups chopped tomatillos, apples, sweet pepper, vinegar, jalapeño peppers, sugar, cilantro, and salt. Bring to boiling; reduce heat. Simmer, uncovered, for 15 minutes.

3. Ladle hot salsa into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 2 TABLESPOONS: 24 cal., 0 g fat, 0 mg chol., 84 mg sodium, 6 g carb., 0 g fiber, 0 g pro.

SALSA SOUS-CHEF

In canning any kind of salsa, there is a fair amount of chopping involved. Enlist a friend or family member to help prep, cook, and can the salsa. As long as you are working assembly-line style, make a couple different recipes. Share the work, then share the bounty.

CONDIMENTS

SPICY TRIPLE PEPPER SALSA

IF YOU'RE A FAN OF SUPER FIERY FOOD, LEAVE THE SEEDS IN THE SMALLEST AND HOTTEST OF THE THREE CHILES IN THIS SALSA—THE HABANERO, THAI, OR SCOTCH BONNET PEPPERS. IF NOT, SCRAPE THEM OUT OF THE PEPPERS WITH THE TIP OF A SHARP KNIFE.

PREP: 2 HOURS **COOK:** 2 HOURS 15 MINUTES
ROAST: 40 MINUTES AT 450°F **PROCESS:** 15 MINUTES **MAKES:** 7 PINTS
PHOTO

- 14 pounds ripe red tomatoes
- 8 medium fresh poblano or Anaheim chile peppers
- 6 medium fresh banana peppers
- 6 bulbs garlic
- 4 teaspoons olive oil
- 2 cups finely chopped onions (2 large)
- 1⅓ cups bottled lime juice or cider vinegar
- 2 fresh habanero, Thai, or Scotch bonnet chile peppers, stemmed, seeded if desired, and finely chopped (see tip)
- 4 teaspoons salt
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin

1. Cut tomatoes into quarters; remove and discard the seeds. Working in batches, add quartered tomatoes to a food

processor or blender; cover and pulse with several on-off turns until tomatoes are finely chopped.

2. Transfer chopped tomatoes to an 8- to 10-quart stainless-steel, enamel, or nonstick heavy pot. Bring to boiling; reduce heat. Boil gently, uncovered, about 2 hours or until reduced to 12 cups, stirring occasionally.

3. Meanwhile, preheat oven to 450°F. Quarter the poblano and banana peppers; remove and discard stems and seeds (see tip). Place pepper quarters, skin sides up, on two foil-lined large baking sheets. Cut off the top½ inch of each garlic bulb to expose ends of individual cloves. Leaving each garlic bulb whole, remove any loose, papery outer layers. Place each garlic bulb, cut side up, on a square of double-thickness foil. Drizzle olive oil over garlic bulbs. Bring edges of foil up and around each bulb and fold edges together to loosely enclose. Place garlic packets directly on oven rack.

4. Roast peppers alongside garlic, one pan at a time, for 20 to 25 minutes or until pepper skins are charred and garlic cloves feel soft when carefully pressed. Transfer garlic packets to a wire rack to cool. Immediately bring edges of foil up around pepper quarters and fold edges together to enclose; let cool. Squeeze out garlic cloves into the food processor. Cover and process until nearly smooth; set aside. When pepper quarters are cool enough to handle, use a sharp knife to loosen edges of skins; gently pull off skins in strips and discard. Chop peppers.

5. Add chopped peppers, garlic, onions, lime juice, habanero peppers, salt, coriander, and cumin to the tomatoes. Return to boiling; reduce heat. Simmer, uncovered, about 15 minutes or until reduced to 15 cups.

6. Ladle hot salsa into hot sterilized pint canning jars, leaving a ½-inch headspace. (Store any remaining salsa in an airtight container and refrigerate for up to 1 week.) Wipe jar rims; adjust lids and screw bands.

7. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 3 TABLESPOONS: 36 cal., 1 g fat (0 g sat. fat), 0 mg chol., 163 mg sodium, 7 g carb., 2 g fiber, 1 g pro.

CONDIMENTS

MANGO-CHIPOTLE SALSA

CHIPOTLE PEPPERS INFUSE THIS SWEET TOMATO-MANGO SALSA WITH A WONDERFUL SMOKY FLAVOR. TRY IT ON CRISPY CORN CAKES OR FRITTERS.

PREP: 45 MINUTES **ROAST:** 25 MINUTES AT 450°F **STAND:** 30 MINUTES
COOK: 15 MINUTES **PROCESS:** 15 MINUTES **MAKES:** 7 HALF-PINTS
PHOTO

- 8 pounds ripe red tomatoes
- 1 cup thinly sliced green onions (8)
- ½ cup bottled lemon juice
- 3 tablespoons finely chopped canned chipotle peppers in adobo sauce
- 3 cloves garlic, minced
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 3 cups chopped, peeled mangoes (3 medium) (see tip)

1. Preheat oven to 450°F. Line two 15×10×1-inch baking pans with foil; set aside. Quarter tomatoes; remove and discard cores and seeds. Divide tomatoes between the prepared pans, spreading in a single layer. Roast for 25 to 30 minutes or until tomatoes are softened and starting to char. Cool slightly; peel off and discard skins.

2. Transfer tomatoes to a large bowl and coarsely snip with clean kitchen scissors. Transfer tomatoes to a stainless-steel

colander set in sink. Let stand and drain for 30 minutes.

3. Transfer drained tomatoes to a large stainless-steel, enamel, or nonstick heavy saucepan. Stir in onions, lemon juice, chipotle peppers, garlic, salt, and black pepper. Bring to boiling; reduce heat. Boil gently, uncovered, for 15 minutes, stirring occasionally. Stir in mangoes.

4. Ladle hot salsa into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 35 cal., 0 g fat, 0 mg chol., 97 mg sodium, 8 g carb., 2 g fiber, 1 g pro.

FREEZER BURN

A can of chipotle peppers in adobo sauce usually provides more chiles than you can use in any single recipe, but they freeze well. Divide the remaining chiles and sauce into 2- to 3-tablespoon portions and freeze in small tightly sealed plastic containers for up to 3 months, thawing only what you need.

CONDIMENTS

ROASTED TOMATILLO-CORN SALSA

ROASTING THE VEGETABLES BEFORE COOKING AND CANNING THEM INTENSIFIES THEIR FLAVORS.

PREP: 1 HOUR 30 MINUTES **ROAST:** 25 MINUTES AT 425°F
PROCESS: 15 MINUTES **MAKES:** 5 PINTS

- 5 medium ears of corn
- 6 pounds fresh tomatillos
- 2 medium red onions, trimmed and cut into thin wedges
- 2 tablespoons olive oil
- 2 medium fresh jalapeño or serrano chile peppers, seeded and finely chopped (see tip)
- ⅔ cup cider vinegar
- 6 cloves garlic, minced
- 1 tablespoon sugar
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- Snipped fresh cilantro (optional)

1. Preheat oven to 425°F. Remove husks from ears of corn. Scrub corn gently with a stiff brush to remove silks; rinse corn

and dry with paper towels. Remove the husks from the tomatillos (see tip). Wash tomatillos well in cold water. Cut the tomatillos in half and remove the cores. Coarsely chop tomatillos.

2. Arrange corn, tomatillos, and onion wedges in a single layer in two shallow roasting pans. Drizzle with olive oil. Roast, on separate oven racks, for 25 to 30 minutes or until vegetables are charred, turning corn and onions and rotating pans once. Let cool.

3. Carefully cut the corn kernels off the cobs. Chop the onions. In an 8- to 10-quart stainless-steel, enamel, or nonstick heavy pot combine tomatillos, corn, onions, jalapeño peppers, vinegar, garlic, sugar, salt, and black pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove from heat.

4. Ladle the hot salsa into hot sterilized pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks. If desired, stir cilantro into salsa before serving.

PER ¼ CUP: 42 cal., 2 g fat (0 g sat. fat), 0 mg chol., 119 mg sodium, 7 g carb., 2 g fiber, 1 g pro.

CONDIMENTS

CHUNKY TOMATO SALSA

TO TOAST CUMIN SEEDS, COOK IN A DRY SMALL SKILLET OVER MEDIUM HEAT JUST UNTIL FRAGRANT. STIR FREQUENTLY SO THEY DON'T BURN. AFTER THEY'VE COOLED, CRUSH IN A MORTAR AND PESTLE OR IN A SMALL PLASTIC BAG WITH A HEAVY SKILLET OR ROLLING PIN.

PREP: 1 HOUR 30 MINUTES **STAND:** 30 MINUTES
COOK: 1 HOUR 10 MINUTES **PROCESS:** 15 MINUTES **MAKES:** 5 PINTS

- 8 pounds ripe red tomatoes
- 2 cups chopped, seeded fresh Anaheim chile peppers (12 to 16 ounces) (see tip)
- 2 cups chopped onions (2 large)
- ½ cup snipped fresh cilantro
- ½ cup lime juice
- ½ cup white vinegar
- ⅓ to ½ cup finely chopped, seeded fresh jalapeño chile peppers (see tip)
- ⅓ cup tomato paste
- 5 cloves garlic, minced
- 1½ teaspoons salt
- 1 teaspoon cumin seeds, toasted (see above) and crushed
- 1 teaspoon coarse ground black pepper

1. If desired, peel tomatoes (see tip). Seed, core, and coarsely chop tomatoes (should have 14 to 15 cups). Place chopped tomatoes in a large colander set in sink; let drain for 30 minutes.

2. Transfer drained tomatoes to an 8- to 10-quart stainless-steel, enamel, or nonstick heavy pot. Bring to boiling; reduce heat. Boil gently, uncovered, for 1 to 1½ hours or until thickened, stirring occasionally.

3. Stir in Anaheim peppers, onions, cilantro, lime juice, vinegar, jalapeño peppers, tomato paste, garlic, salt, cumin seeds, and black pepper. Return to boiling; reduce heat. Simmer, uncovered, for 10 minutes.

4. Ladle the hot salsa into hot sterilized pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

FIRE-ROASTED CHUNKY TOMATO SALSA: Prepare as directed, except in Step 1, core tomatoes (do not chop or seed). For a charcoal or gas grill, place tomatoes on the rack of a covered grill directly over medium-high heat. Grill for 8 to 10 minutes or until tomatoes are charred, turning occasionally. Transfer grilled tomatoes to a baking sheet; let stand until cool enough to handle. Coarsely chop tomatoes. Place chopped tomatoes in a large colander set in sink; let drain for 30 minutes. Meanwhile, place 8 to 10 large fresh Anaheim chile peppers on grill rack. Grill for 6 to 8 minutes or until charred, turning occasionally. Transfer grilled Anaheim peppers to a medium bowl; cover and let stand for 15 minutes. Halve and seed peppers; peel off and discard skins. Chop enough of the Anaheim peppers to measure

2 cups. (Store any remaining grilled peppers for another use.) Continue as directed in Step 2. Makes 5 pints.

PER ¼ CUP CHUNKY OR FIRE-ROASTED CHUNKY TOMATO SALSA: 33 cal., 0 g fat, 0 mg chol., 123 mg sodium, 7 g carb., 2 g fiber, 1 g pro.

TOP TOMATOES

The best tomatoes for salsa are meaty, with minimal water content. Allowing the seeded, cored, and chopped tomatoes to drain in a colander for 30 minutes before cooking and canning helps drain off excess liquid.

CONDIMENTS

FARMER'S MARKET CORN SALSA

PAIR THIS FRESH SALSA WITH GRILLED CHICKEN AND CRISP GREENS FOR A QUICK DINNER SALAD.

PREP: 35 MINUTES **COOK:** 10 MINUTES **PROCESS:** 15 MINUTES
MAKES: ABOUT 4 HALF-PINTS **PHOTO**

- 4 large fresh ears of corn
- 1 cup coarsely chopped onion (1 large)
- 1 cup coarsely chopped green or red sweet pepper (1 large)
- 1 cup chopped, peeled tomatoes (2 medium)
- 1 fresh jalapeño chile pepper, seeded and finely chopped (see tip)
- ½ cup lime juice
- ½ teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon freshly ground black pepper

1. Remove husks from ears of corn. Scrub corn with a stiff vegetable brush to remove silks; rinse. Cut kernels from cobs (do not scrape cobs). Measure 2 cups kernels.

2. In a large saucepan combine the 2 cups corn kernels, onion, sweet pepper, tomatoes, jalapeño pepper, lime juice, salt, cumin, and black pepper. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes.

3. Ladle hot salsa into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 48 cal., 1 g fat (0 g sat. fat), 0 mg chol., 0 mg sodium, 11 g carb., 2 g fiber, 2 g pro.

CONDIMENTS

PEACH AND PEAR CHILI SAUCE

ADD SPARK TO SIMPLE GRILLED SAUSAGES WITH THIS SWEET, SPICY SAUCE.

PREP: 45 MINUTES **COOK:** 2 HOURS **PROCESS:** 15 MINUTES
MAKES: 4 PINTS

- 4½ pounds tomatoes
- 4 pears, peeled, cored, and cut into ½-inch chunks (4 cups)
- 4 peaches, peeled, pitted, and cut into ½-inch chunks (3½ cups)
- 2¼ cups chopped green sweet peppers (3 medium)
- 2 cups chopped onions (2 large)
- ¾ cup chopped red sweet pepper (1 medium)
- 1 to 2 fresh red or green serrano chile peppers, seeded and finely chopped (1 to 3 teaspoons) (see tip)
- 3 cups sugar
- 1½ cups cider vinegar
- 4 teaspoons salt
- 2 teaspoons ground nutmeg
- 1 teaspoon whole cloves
- 6 inches stick cinnamon

1. Wash tomatoes. Remove peels, stem ends, and cores. Cut tomatoes into chunks (should have about 6¾ cups). In a 6- or 8-quart stainless-steel, enamel, or nonstick heavy pot combine

tomatoes, pears, peaches, green sweet peppers, onions, red sweet pepper, and serrano peppers. Stir in sugar, vinegar, salt, and nutmeg.

2. For spice bag, cut a 6-inch square from a double layer of 100-percent-cotton cheesecloth. Place cloves and cinnamon in the center of cheesecloth square. Bring up corners; tie closed with clean kitchen string. Add spice bag to vegetable mixture. Heat to boiling; reduce heat. Simmer, uncovered, about 2 hours or until thick, stirring occasionally. Remove and discard spice bag.

3. Ladle hot chili sauce into hot sterilized pint canning jars, leaving a ½-inch headspace. (Refrigerate any extra chili sauce; use within 3 days.) Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 116 cal., 0 g fat, 0 mg chol., 300 mg sodium, 29 g carb., 2 g fiber, 1 g pro.

CONDIMENTS

SPICY BARBECUE SAUCE

PERENNIAL BBQ FAVORITES SUCH AS PULLED PORK AND BRISKET ARE EVEN BETTER MOPPED WITH HOMEMADE BARBECUE SAUCE.

PREP: 1 HOUR **COOK:** 2 HOURS **PROCESS:** 20 MINUTES
MAKES: 5 HALF-PINTS

- 12 pounds ripe firm tomatoes
- 3 cups chopped onions (3 large)
- 2¼ cups chopped celery (6 to 7 stalks)
- 2¼ cups chopped red or green sweet peppers (3 medium)
- 3 red hot chile peppers, cored and chopped (see tip)
- 3 cloves garlic, crushed
- 2 cups vinegar
- 1½ cups packed brown sugar
- 3 tablespoons Worcestershire sauce
- 4 teaspoons paprika
- 4 teaspoons salt
- 4 teaspoons dry mustard
- ½ teaspoon ground black pepper

1. Wash tomatoes. Remove stem ends and cores. Cut tomatoes into quarters.

2. Place tomato quarters in a 10- to 12-quart heavy pot. Cook, covered, over low to medium heat about 15 minutes or until

tomatoes are soft. Add onions, celery, sweet peppers, chile peppers, and garlic. Bring to boiling; reduce heat. Simmer, uncovered, for 30 minutes.

3. Place a food mill over a large bowl. Ladle tomato mixture into food mill; press mixture through food mill. Discard seeds and skins. Measure 19 cups pulp. Return pulp to kettle. Measure and note depth of mixture with a ruler. Bring to boiling; reduce heat. Simmer, uncovered, for 1 to 1¼ hours or until mixture is reduced by half, stirring occasionally. (Depth of mixture should be half of the original measure.)

4. Stir in vinegar, brown sugar, Worcestershire sauce, paprika, salt, mustard, and black pepper. Simmer, uncovered, over low to medium heat about 1 hour or until desired thickness, stirring frequently.

5. Ladle hot sauce into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

6. Process filled jars in a boiling-water canner for 20 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

FREEZING DIRECTIONS: Prepare as directed through Step 4. Place kettle of sauce in a sink filled with ice water; stir sauce to cool. Ladle sauce into half-pint wide-top freezer containers, leaving a ½-inch headspace. Seal and label. Freeze for up to 10 months.

PER 1 TABLESPOON: 38 cal., 0 g fat, 0 mg chol., 142 mg sodium, 9 g carb., 1 g fiber, 1 g pro.

MILLING AROUND

A food mill is an old-fashioned piece of equipment that has stood the test of time. It is essentially a grater for soft foods. It handily removes skin, seeds, and pulp but unlike a food processor or blender, allows some texture to remain in the food. Before purchasing one, be sure of three things:

1. It's simple to put the plates in the mill and to remove them for cleaning.
2. The handle is firm and easy to grasp.
3. It fits easily over a bowl or pot.

CONDIMENTS

HOT-STYLE CHILI SAUCE

IF THE MEAT LOAF IS TOO MILD FOR SOME PALATES BUT NOT FOR OTHERS, PASS THIS TONGUE-TINGLING TOMATO SAUCE AT THE TABLE.

PREP: 45 MINUTES **COOK:** 2 HOURS **PROCESS:** 15 MINUTES
MAKES: 7 HALF-PINTS **PHOTO**

- 6 pounds ripe tomatoes
- 2 cups cider vinegar
- 1 cup finely chopped onion (1 large)
- ½ cup sugar
- ⅓ cup chili powder
- 2 teaspoons salt
- 1 teaspoon dry mustard
- ¼ to ½ teaspoon cayenne pepper

1. Peel tomatoes (see tip). Seed and chop tomatoes. In a 6- to 8-quart stainless-steel, enamel, or nonstick heavy pot combine chopped tomatoes, vinegar, onion, sugar, chili powder, salt, mustard, and cayenne pepper. Bring to boiling; reduce heat. Simmer, uncovered, about 2 hours or until sauce is the thickness of ketchup, stirring occasionally.

2. Ladle hot chili sauce into hot sterilized half-pint or pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 13 cal., 0 g fat, 0 mg chol., 50 mg sodium, 3 g carb., 1 g fiber, 0 g pro.

CONDIMENTS

TRIPLE PEPPER HOT SAUCE

USING THREE HABANERO PEPPERS MAKES A MEDIUM-SPICY SAUCE SIMILAR TO A BUFFALO WING SAUCE. USING TWICE THAT AMOUNT RESULTS IN A VERY SPICY SAUCE!

PREP: 45 MINUTES **COOK:** 30 MINUTES **COOL:** 20 MINUTES
PROCESS: 5 MINUTES **STAND:** 2 WEEKS **MAKES:** FOUR 4-OUNCE JARS

- 2 cups white vinegar
- 1½ cups finely chopped carrots (3 medium)
- 1 cup finely chopped white onion (1 large)
- ¼ cup lime juice
- 3 cloves garlic, minced
- 1 teaspoon salt
- ½ cup finely chopped red sweet pepper (1 small)
- 3 to 6 fresh habanero chile peppers, seeded and finely chopped (see tip)
- 3 fresh Fresno chile peppers, seeded and finely chopped (see tip)
- 3 fresh Thai chile peppers, seeded and finely chopped (see tip)

1. In a large stainless-steel, enamel, or nonstick heavy saucepan combine vinegar, carrots, onion, lime juice, garlic, and salt. Bring

to boiling; reduce heat. Simmer, uncovered, for 20 to 25 minutes or until carrots and onion are soft. Remove from heat; cool to room temperature.

2. Transfer carrot mixture to a blender or food processor. Add sweet pepper, habenero peppers, Fresno peppers, and Thai peppers. Cover and blend or process until smooth. Strain through a fine-mesh sieve; discard solids. Return strained mixture to saucepan. Bring to boiling over medium-high heat; reduce heat. Simmer, uncovered, for 10 minutes.

3. Ladle hot pepper sauce into hot sterilized 4-ounce canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks. Let stand at room temperature for 2 weeks before serving.

PER 1 TEASPOON: 4 cal., 0 g fat, 0 mg chol., 23 mg sodium, 1 g carb., 0 g fiber, 0 g pro.

CONDIMENTS

CHOW-CHOW

ALTHOUGH THIS MUSTARD-FLAVOR MELANGE OF PICKLED VEGETABLES IS THOUGHT TO HAVE BEEN BROUGHT TO THIS COUNTRY BY CHINESE RAILROAD LABORERS, IT IS MOST ASSOCIATED IN THIS COUNTRY WITH PENNSYLVANIA DUTCH COOKING.

PREP: 1 HOUR 25 MINUTES **STAND:** 8 TO 24 HOURS
PROCESS: 10 MINUTES **MAKES:** 6 PINTS

- 3 large onions, cut up
- 4 medium green tomatoes, cored and cut up
- 4 medium green sweet peppers, seeded and cut up
- 2 medium red sweet peppers, seeded, and cut up
- 2 medium carrots, cut up
- 12 ounces green beans, cut into ½-inch pieces (2 cups)
- 2 cups small cauliflower florets
- 1½ cups fresh corn kernels (about 3 ears)
- ¼ cup pickling salt
- 3 cups sugar
- 2 cups vinegar
- 1 cup water
- 1 tablespoon mustard seeds
- 2 teaspoons grated fresh ginger (optional)
- 1½ teaspoons celery seeds
- ¾ teaspoon ground turmeric

1. Using a coarse blade on a food grinder, grind onions, tomatoes, sweet peppers, and carrots. (Or use a food processor to process onions, tomatoes, sweet peppers, and carrots in batches until finely chopped.) Transfer ground or chopped vegetables to an extra-large nonmetal bowl. Add green beans, cauliflower, and corn. Sprinkle vegetables with pickling salt; cover. Let stand at room temperature for 8 to 24 hours.

2. Place a large colander in sink. Transfer vegetable mixture to colander. Rinse with cold water; drain again.

3. Transfer drained vegetables to an 8- to 10-quart stainless-steel, enamel, or nonstick heavy pot. In a medium bowl combine sugar, vinegar, the water, mustard seeds, ginger (if desired), celery seeds, and turmeric. Pour vinegar mixture over vegetables in pot. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes, stirring occasionally.

4. Ladle hot mixture into hot sterilized pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 2 TABLESPOONS: 35 cal., 0 g fat, 0 mg chol., 63 mg sodium, 8 g carb., 1 g fiber, 0 g pro.

KNOW YOUR SALT

Pickling salt, also called canning salt, contains no potassium iodide or anti-caking agents—both of which are added to table salt. Many home canners prefer pickling salt to table salt; iodide can cause discoloration and anti-caking agents can cause cloudiness.

CONDIMENTS

SMOKY KETCHUP

KETCHUP GOES GOURMET: THE TOMATOES ARE SMOKED BEFORE BEING COOKED DOWN WITH VINEGAR, SPICES, SUGAR, AND SALT—A FITTING DIP FOR HOMEMADE HERBED FRIES.

PREP: 1 HOUR 15 MINUTES **STAND:** 1 HOUR **GRILL:** 5 MINUTES
COOK: 2 HOURS 30 MINUTES **PROCESS:** 15 MINUTES
MAKES: 4 HALF-PINTS **PHOTO**

- 2 cups oak or hickory wood chips
- 8 pounds ripe tomatoes
- 1 cup white vinegar
- 1½ inches stick cinnamon
- 1½ teaspoons whole cloves
- 1 teaspoon celery seeds
- 3 whole allspice
- ½ cup finely chopped onion (1 medium)
- ¼ teaspoon cayenne pepper
- 1 cup sugar
- 2 teaspoons salt

1. At least 1 hour before grilling, soak wood chips in enough water to cover; drain before using.

2. Core, halve, and seed tomatoes. For a charcoal grill, arrange medium coals in the bottom of a covered grill; sprinkle coals with wood chips. Place tomatoes, cut sides up, on grill rack

directly over coals. Grill for 5 to 8 minutes or until tomatoes are slightly softened and starting to char. (For a gas grill, preheat grill. Reduce heat to medium. Add wood chips according to the manufacturer's directions. Place tomatoes on grill rack directly over heat. Grill as above.) Remove from grill. When tomatoes are cool enough to handle, peel off and discard skins; coarsely chop tomatoes.

3. In a small saucepan combine vinegar, stick cinnamon, cloves, celery seeds, and allspice. Bring to boiling; remove from heat. Cover and set aside.

4. In an 8- to 10-quart stainless-steel, enamel, or nonstick heavy pot combine chopped tomatoes, onion, and cayenne pepper (measure depth with a ruler). Bring to boiling; reduce heat. Simmer, uncovered, for 45 minutes, stirring frequently (reduce heat as necessary as mixture may spatter during cooking). Remove from heat. Using an immersion blender, blend mixture until nearly smooth. Stir in sugar. Return to boiling; reduce heat. Simmer, uncovered, for 1¼ to 1½ hours or until reduced by half (measure depth again with ruler; should be half of original depth).

5. Strain vinegar mixture; discard solids. Add vinegar mixture and salt to tomato mixture. Return to boiling; reduce heat. Simmer, uncovered, about 30 minutes or until desired consistency, stirring frequently. Remove from heat. Using the immersion blender, blend mixture until smooth.

6. Ladle hot ketchup into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

7. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 23 cal., 0 g fat, 0 mg chol., 75 mg sodium, 5 g carb., 1 g fiber, 0 g pro.

TAKE A STAND

The flavors of condiments such as ketchup, hot sauce, and barbecue sauce will improve if the jars are allowed to stand for several weeks before opening. Once jars are opened, refrigerate and use within 2 months.

CONDIMENTS

SWEET-HOT CARAMELIZED ONIONS

A SLOW COOKER DOES MOST OF THE WORK IN MAKING THESE BUTTERY, MELT-IN-YOUR MOUTH ONIONS. PAIR THEM WITH SOFT GOAT CHEESE ON CROSTINI.

PREP: 45 MINUTES SLOW **COOK:** 7 HOURS **COOK:** 25 MINUTES
MAKES: 4 HALF-PINTS

- 3½ to 4 pounds yellow onions (10 to 12 onions), halved lengthwise and thinly sliced (12 cups)*
- 6 tablespoons butter, melted
- 6 tablespoons olive oil
- ⅓ cup packed brown sugar
- ⅓ cup white balsamic vinegar
- ⅓ cup apple cider
- 1 teaspoon salt
- ½ teaspoon cayenne pepper
- ½ teaspoon crushed red pepper

1. In a 4- to 6-quart slow cooker combine onions, melted butter, and oil. Cover and cook on low-heat setting for 7 to 8 hours or until onions are soft and caramel color, stirring once or twice.

2. Transfer onion mixture to a large skillet. Stir in brown sugar, vinegar, cider, salt, cayenne pepper, and crushed red pepper. Bring to boiling; reduce heat to medium. Cook, uncovered, for 25 minutes, stirring occasionally.

3. Spoon onion mixture into half-pint freezer containers, leaving a ½-inch headspace. Cool for 30 minutes. Seal and label. Store for up to 2 weeks in the refrigerator or for up to 6 months in the freezer. Thaw in the refrigerator; reheat before using.

***TIP:** If you like, use a mandoline to slice the onions about ⅛ inch thick.

PER 2 TABLESPOONS: 92 cal., 5 g fat (2 g sat. fat), 7 mg chol., 109 mg sodium, 11 g carb., 1 g fiber, 1 g pro.

PRESERVE BY

DRYING

CRISPY FRUIT CHIPS

DRIED CHILE POWDER

ROAD Food

APPLE SAUCE LEATHER

ROOT VEGGIE CHIPS WITH SEA SALT

MAPLE-CRACKED PEPPER JERKY

CRISPY CHIPS, CHEWY FRUITS, AND TOTALLY TOTABLE SNACKS

Dried Chile Powder

FRUIT

Crispy Fruit Chips
Dried Cranberries
Dried Dark Sweet Cherries
Dried Pineapple and Mango Chunks

FRUIT LEATHERS

Almond Applesauce Leather
Applesauce Leather
Cherry Applesauce Leather
Cranberry Applesauce Leather
Mango and/or Papaya Chips
Spicy Applesauce Leather
Strawberry Applesauce Leather
Very Berry Applesauce Leather

Maple-Cracked Pepper Jerky

VEGETABLES

Crispy Greens Chips
Dried Mixed Vegetables
Dried Mushrooms
Dried Tomatoes
Root Veggie Chips with Sea Salt
Spicy Asiago Greens Chips

TIPS AND TECHNIQUES

cherries, pitting

conditioning dried foods
dehydrators, how to use
fruits, selecting for drying
herbs, drying
mandoline
mushrooms, rehydrating dried
oven, drying foods in
peas, drying
produce, preparation steps for drying
smoked paprika
storing times for dried foods

THE BASICS OF

DRYING

DEHYDRATING INTENSIFIES THE NATURAL FLAVORS IN FOODS AND PROLONGS SHELF LIFE. REMOVING THE MOISTURE INHIBITS THE GROWTH OF BACTERIA AND REDUCES SPOILAGE. USE THIS ANCIENT TECHNIQUE TO PRESERVE VEGETABLES, FRUITS, MEAT, AND HERBS.

PREPARING FOODS

Choose fruits and vegetables that are fresh and fully ripened. Immature produce lacks flavor; overmature fruits and vegetables might be coarse and fibrous or soft and mushy.

Some vegetables, including corn, potatoes, asparagus, cauliflower, carrots, and eggplant, should be blanched before dehydrating. This decreases drying and rehydrating times, increases flavor, and it can kill potential bacteria and other harmful microorganisms. Tomatoes, greens, and mushrooms do not require this step. Blanch and dry vegetables according to the recipes in this book or the directions included with your dehydrator.

Carefully cut fruits and vegetables to the same thickness so they dry evenly. To prevent discoloration of light-color fruits and vegetables, such as apples and peaches, dip them in a mild solution of lemon juice and water before drying. This is cosmetic, so it’s optional.

CONDITIONING

After drying, some pieces of food will be more moist than others, depending on their size and where they were placed on the drying tray. Conditioning distributes any moisture left in the food through all the pieces, reducing the chance of spoilage or mold. To condition dried fruits and vegetables, fill plastic or glass containers about two-thirds full with the cooled, dried food pieces. Cover and store in a warm, dry place for 4 to 10 days, shaking the containers daily to separate pieces. If moisture appears inside the container, return the food to the dehydrator for additional drying and repeat the conditioning process again.

STORAGE TIMES

Store dehydrated food in a cool, dry place using the timings below as a guide. For longer storage time, keep the foods in the refrigerator or freezer.

- Dried fruits—up to 1 year
- Dried herbs—up to 1 year
- Most dried vegetables—up to 3 months
- Dried meats—up to 3 weeks

Food dehydrators consist of multiple stacked trays and a fan that blows air around food, removing moisture.

Arrange the food on the dehydrator trays, leaving space for air to circulate around the food.

Foods on the perimeter of the tray dry faster than those in the center, so test samples for doneness from various sections.

OVEN DRYING

Many foods can be dried in your oven at a very low temperature. If you use your oven, use an oven thermometer to monitor the temperature throughout the drying process.

DRYING TO PRESERVE

DRIED MIXED VEGETABLES

DRYING INTENSIFIES AND CAPTURES THE NATURAL FLAVORS AND SWEETNESS OF THE VEGETABLES. FOLLOW THE DIRECTIONS FOR REHYDRATING THE VEGETABLES BEFORE ADDING THEM TO YOUR FAVORITE CASSEROLES, SOUPS, AND PASTA DISHES.

PREP: 20 MINUTES **DEHYDRATE:** 10 HOURS
MAKES: 2¼ CUPS (6 CUPS REHYDRATED)

- 4 ears of fresh corn, husks and silks removed
- 8 medium carrots, peeled and thinly sliced (4 cups)
- 2 cups shelled fresh peas (see tip, below)

1. Place ice in a large bowl and add water to half-fill the bowl; set aside. Fill a large pot with water; bring to boiling. Add vegetables to boiling water. Simmer, covered, for 4 minutes. Drain; add vegetables to ice water to cool quickly. Drain vegetables in a colander; set aside. Spread vegetables out on a tray lined with paper towels. Pat vegetables dry with additional paper towels.

2. Arrange corn, carrots, and peas in an even layer on mesh-lined dehydrator trays. Dehydrate at 135°F about 10 hours or until dried. Rearrange trays twice during drying time. Cool completely.

3. Transfer to storage containers. Cover and seal. Store in a cool, dry, dark place for 6 to 12 months.

4. To rehydrate vegetables, for every 1 cup vegetables, place 2 cups cold water in a large bowl. Add vegetables. Cover; let stand for 1 to 2 hours or until rehydrated. Add rehydrated vegetables to soups, stews, and casseroles.

PER ½ CUP REHYDRATED VEGETABLES: 62 cal., 1 g fat (0 g sat. fat), 0 mg chol., 34 mg sodium, 13 g carb., 0 g fiber, 3 g pro.

PEAS, PLEASE

The season for fresh garden peas is short and sweet. To dry frozen peas, thaw and pat peas dry with paper towels. Do not blanch in water.

DRYING TO PRESERVE

APPLESAUCE LEATHER

WITH JUST A TWEAK OR TWO, YOU CAN MAKE A RAINBOW OF THESE FRUIT LEATHERS. THEY'RE A HEALTHY SNACK KIDS LOVE.

PREP: 10 MINUTES **DEHYDRATE:** 12 HOURS **MAKES:** 12 SERVINGS
PHOTO

2½ cups (one 24-ounce jar) regular or flavored applesauce (do not use unsweetened)

1. Lightly oil a leather dehydrator sheet. Pour applesauce onto the prepared leather sheet, spreading into an even ¼-inch-thick layer.

2. Dehydrate at 135°F for 12 to 13 hours or until fruit leather is dry (surface might be slightly sticky). If necessary, turn fruit leather over during the last 1 hour of dehydrating to allow bottom to dry.

3. Peel fruit leather from leather sheet; cool completely. Roll into a spiral; wrap in plastic wrap. Store at room temperature for up to 1 month, chill for up to 3 months, or freeze for up to 1 year. Before serving, cut into 24 pieces.

CRANBERRY APPLESAUCE LEATHER: Prepare as directed, except substitute ¼ cup pureed fresh cranberries for ¼ cup of the applesauce.

STRAWBERRY APPLESAUCE LEATHER: Prepare as directed, except substitute ½ cup pureed fresh strawberries for ½ cup of the applesauce.

CHERRY APPLESAUCE LEATHER: Prepare as directed, except substitute ½ cup pureed fresh sweet cherries for ½ cup of the applesauce (after pureeing the cherries, combine them with the applesauce immediately to prevent browning).

VERY BERRY APPLESAUCE LEATHER: Prepare as directed, except substitute ¼ cup pureed fresh strawberries and ¼ cup pureed fresh blueberries for ½ cup of the applesauce. Add 1 hour additional drying time.

SPICY APPLESAUCE LEATHER: Prepare as directed, except stir 1 teaspoon apple pie spice, pumpkin pie spice, curry powder, or ground ginger into the applesauce.

ALMOND APPLESAUCE LEATHER: Prepare as directed, except stir ¼ teaspoon almond extract or lemon extract into the applesauce.

OVEN DIRECTIONS: Preheat oven to 170°F. Line a 15×10×1-inch baking pan with plastic wrap. Tape down edges of plastic wrap at the corners. Pour applesauce into prepared pan, spreading into an even ¼-inch-thick layer. Bake for 12 to 13 hours or until fruit leather is dry (surface may be slightly sticky), rotating pan occasionally. Using the edges of the plastic wrap, lift fruit leather out of pan; cool completely. Roll fruit leather into a spiral; wrap in the plastic wrap. Store as directed. Before serving, cut into 24 pieces.

PER 2 PIECES REGULAR, CRANBERRY, STRAWBERRY, CHERRY, BERRY, OR SPICY VARIATIONS: 35 cal., 0 g fat, 0 mg chol., 1 mg sodium, 9 g carb., 1 g fiber, 0 g pro.

DRYING TO PRESERVE

DRIED CHILE POWDER

THE FRESH CHILE FLAVOR AND AROMA THAT COMES THROUGH IN THIS GROUND DRIED VERSION IS AMAZING. DIFFERENT TYPES OF CHILES OFFER SLIGHTLY DIFFERENT FLAVORS AND AROMAS. MAKE SEVERAL BATCHES WITH VARIOUS CHILES AND USE AS A SEASONING FOR SCRAMBLED EGGS; SPRINKLED ON CHICKEN, PORK, OR BEEF; OR STIRRED INTO YOUR FAVORITE CHILI.

PREP: 10 MINUTES **DEHYDRATE:** 24 HOURS **MAKES:** ABOUT ¼ CUP
PHOTO

- 1 pound fresh chile peppers, such as poblano, jalapeño, banana, Fresno, serrano, Anaheim, or other chile peppers

1. Remove stems from peppers. Cut large peppers into 1-inch-wide strips. Quarter or halve small peppers but do not seed the peppers (see tip).

2. Place peppers, cut sides down, on mesh-lined dehydrator trays, leaving space between peppers. Dehydrate at 135°F for 24 to 28 hours or until evenly dried and brittle. Cool completely.

3. In a well-ventilated area crumble cooled peppers and place in a spice mill or food processor. Cover and process until a powder forms. When grinding or processing peppers, turn away from the grinder to avoid inhaling the fumes from the peppers.

4. Place chile powder in an airtight container; seal. Store in a cool, dark place for up to 6 months.

TIP: Because hot chile peppers contain volatile oils (see tip), be sure to clean the dehydrator trays well with hot soapy water before the next use.

PER ½ TEASPOON GROUND DRIED PEPPERS: 5 cal., 0 g fat, 0 mg chol., 1 mg sodium, 1 g carb., 0 g fiber, 0 g pro.

DRYING TO PRESERVE

DRIED TOMATOES

ADD DRIED TOMATOES TO THE BLENDER WHEN MAKING VINAIGRETTE—OR STIR INTO SAUCES AND SOUPS. FOR BOLD TOMATO FLAVOR AND A WONDERFULLY CHEWY TEXTURE, SPRINKLE OVER SALADS AND INCLUDE AS PART OF AN ANTIPASTI PLATTER.

PREP: 15 MINUTES **DEHYDRATE:** 11 HOURS **MAKES:** 2½ CUPS

- 3 pounds roma tomatoes,* quartered lengthwise
- 2 tablespoons fresh thyme leaves
- 1 tablespoon packed brown sugar
- 1½ teaspoons kosher salt
- ½ to ¾ teaspoon cracked black pepper

1. Arrange tomatoes in a single layer on mesh-lined dehydrator trays. Sprinkle with thyme, brown sugar, salt, and pepper.

2. Dehydrate at 135°F for 11 to 12 hours or until leathery but not brittle. Remove tomatoes as they finish drying while allowing the remaining tomatoes to continue drying. Cool to room temperature.

3. Pack dried tomatoes in resealable plastic freezer bags, leaving a small amount of space for expansion. Freeze for up to 9 months. Thaw before using.

OVEN DIRECTIONS: Preheat oven to 225°F. Line a 15×10×1-inch baking pan with parchment paper. Arrange tomatoes in a single

layer on parchment paper. Sprinkle with thyme, brown sugar, salt, and pepper. Bake for 5½ to 6½ hours or until leathery but not brittle, turning tomatoes after 2 hours. Remove tomatoes as they finish drying while allowing the remaining tomatoes to continue drying. Cool to room temperature.

***TIP:** You can also dry halved cherry tomatoes or regular tomatoes cut into ¼-inch slices. Place tomatoes, cut sides up, on mesh-lined dehydrator trays or in parchment-lined baking pans. Dry cherry tomatoes in dehydrator for 10 to 11 hours or in a 225°F oven for 4 to 5 hours. Dry sliced tomatoes in a dehydrator for 7½ to 8½ hours or in a 225°F oven for 3 to 4 hours.

PER ¼ CUP: 30 cal., 0 g fat, 0 mg chol., 302 mg sodium, 7 g carb., 2 g fiber, 1 g pro.

DRYING TO PRESERVE

CRISPY GREENS CHIPS

IF YOUR GREENS CHIPS BEGIN TO LOSE THEIR CRISPNESS AS THEY'RE STORED, PLACE ON A BAKING SHEET AND BAKE IN A 325°F OVEN FOR 2 TO 3 MINUTES.

PREP: 20 MINUTES **DEHYDRATE:** 2 HOURS 30 MINUTES **MAKES:** 3 CUPS

- 10 to 12 ounces fresh green curly kale, Swiss chard, mustard greens, or collard greens
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon smoked paprika or ground chipotle chile pepper

1. Thoroughly wash and drain greens; pat dry with paper towels. Remove and discard the tough center stalks from leaves. Tear leaves into 2- to 3-inch pieces (you should have about 8 cups kale or collard green pieces, 6 cups Swiss chard pieces, or 10 cups mustard green pieces). In an extra-large bowl combine oil, salt, and smoked paprika. Add greens; toss to coat.

2. Place leaves in a single layer on mesh-lined dehydrator trays. Dehydrate at 135°F for 2½ to 3 hours or until dry and brittle.

3. Cool greens on wire racks. Transfer to an airtight storage container. Cover and seal. Store at room temperature for 5 to 7 days.

OVEN DIRECTIONS: Preheat oven to 300°F. Prepare greens as directed in Step 1. Place a wire rack on each of four baking sheets. Arrange greens in a single layer on the wire racks. Bake on separate oven racks about 20 minutes or until greens are crisp, rearranging baking sheets halfway through baking (if all four baking sheets won't fit in oven, bake in two batches). Cool and store as directed in Step 3.

PER 10 PIECES: 34 cal., 3 g fat (0 g sat. fat), 0 mg chol., 108 mg sodium, 3 g carb., 1 g fiber, 1 g pro.

SPICY ASIAGO GREENS CHIPS: Prepare as directed, except substitute 2 tablespoons grated Asiago cheese and ½ teaspoon crushed red pepper for the smoked paprika or ground chipotle chile pepper. Store in the refrigerator.

PER 10 PIECES: 45 cal., 3 g fat (1 g sat. fat), 2 g chol., 134 mg sodium, 3 g carb., 1 g fiber, 2 g pro.

WHERE THERE'S SMOKE

Smoked paprika—also called Spanish pimenton—is made by drying peppers over smoky wood fires, then grinding them to a powder. It comes in both sweet (dulce) and hot (picante) varieties. It's a good idea to have both varieties on hand, depending on the use.

DRYING TO PRESERVE

DRIED PINEAPPLE AND MANGO CHUNKS

ENJOY THIS TROPICAL BLEND AS A SNACK OR SPRINKLE OVER YOUR MORNING OATMEAL.

PREP: 25 MINUTES **DEHYDRATE:** 11 HOURS **MAKES:** 6 SERVINGS

- 2 mangoes, seeded, peeled, and cut into ½-inch pieces (2 cups)
- ½ of a pineapple, peeled, cored, and cut into ½-inch pieces (2 cups)

1. Arrange mango and pineapple cubes in a single layer on mesh-lined dehydrator trays. Dehydrate at 135°F about 11 hours or until dry and chewy, rotating trays halfway through. Cool completely.

2. Store in airtight plastic or glass containers for up to 2 months.

PER ¼ CUP: 58 cal., 0 g fat, 0 mg chol., 2 mg sodium, 16 g carb., 2 g fiber, 0 g pro.

FIRST FRUITS

When dehydrating fruit, look for mature firm fruits that are ripe but not overripe. For the best flavor, you want as high a natural sugar content as possible without using bruised or overly soft fruit.

DRYING TO PRESERVE

DRIED MUSHROOMS

USE THESE EARTHY MUSHROOMS IN SOUPS, STEWS, CREAM SAUCES, RISOTTO, AND PASTA SAUCES FOR INTENSE MUSHROOM FLAVOR.

PREP: 20 MINUTES **DEHYDRATE:** 3 HOURS 30 MINUTES
MAKES: 6 OUNCES

- **8 ounces fresh mushrooms, such as shiitake caps, chanterelles, cremini, porcini, oyster, portobello, and/or button**

1. Use a dry vegetable brush or a paper towel to wipe dirt from mushrooms. If very dirty, rinse quickly and wipe dry with paper towels (mushrooms are a pretty light color when dried if they don't get wet first). Cut mushrooms into ¼-inch slices.

2. Place mushrooms close together in a single layer on mesh-lined dehydrator trays. Dehydrate at 125°F about 3½ hours or until dry and brittle. (If using portobello mushrooms, allow 1 hour additional drying.)

3. To rehydrate, place mushrooms in a bowl. Add enough boiling water to cover. Let stand for 20 minutes. Pour mushrooms and liquid into a sieve; drain.

OVEN DIRECTIONS: Preheat oven to 170°F. Prepare mushrooms as directed in Step 1. Place two wire racks on each of two baking sheets. Line each wire rack with parchment paper. Place mushrooms close together in a single layer on parchment

paper. Bake on separate oven racks for 3 to 3½ hours or until mushrooms are dry and brittle, turning mushrooms and rearranging baking sheets halfway through baking. (If using portobello mushrooms, allow 1 hour additional drying.)

PER ¾ OUNCE: 6 cal., 0 g fat, 0 mg chol., 1 mg sodium, 1 g carb., 0 g fiber, 1 g pro.

WASTE NOT

The liquid left over from rehydrating mushrooms is very flavorful and makes a great addition to soups and stocks for making risotto, pasta sauces, and meat gravy. After the mushrooms have rehydrated, drain through a fine-mesh sieve lined with cheesecloth, reserving the liquid.

BASICS

DIY: DRIED HERBS

HARNESS THE FRAGRANT GOODNESS OF FRESHLY DRIED HERBS IN YOUR COOKING ALL YEAR LONG.

CHOOSING HERBS

Start with fresh, tender herbs. Any herb can be dried, so check out your garden and see what's full grown and ready to snip. Or head to a farmer's market during peak months when snipped herbs are plentiful and inexpensive.

WASH AND DRY

Wash the herbs with cool, clean water, and drain and dry them thoroughly. Let a salad spinner do the work of spinning them dry or pat them dry with paper towels.

DRYING OPTIONS

HANGING: Use clean kitchen string to tie together small bundles of herbs by the stems. Hang them at room temperature—they will look pretty strung about your kitchen. The time it takes for the herbs to dry will vary depending on the herb, the freshness of the

herb, and the humidity in the air. See "Herb Drying Times," for approximate drying times and yields. Note: For basil, place the sprigs of hanging basil in a paper bag with vents cut in it to keep a dry environment so the basil doesn't mold before it dries.

WAXED PAPER: You also can scatter herb sprigs on a sheet of waxed paper—no string needed—and let them dry, undisturbed, at room temperature.

DEHYDRATOR: Dehydrators work well with herbs and cut the drying time dramatically. For approximate drying times, see "Herb Drying Times".

TO DEHYDRATE: Place herb leaves in a single layer on a dehydrator tray. If herb leaves are very small, line the dehydrator tray with a mesh or leather dehydrator sheet. Dehydrate at 95°F until leaves are crisp enough to crumble. If leaves blow around during dehydrating, place another mesh dehydrator sheet on top of the herbs. Cool the herbs in the tray.

PREPPING HERBS

Follow these steps to prepare the herbs:

SMALL-LEAF HERBS (SUCH AS OREGANO, ROSEMARY, AND THYME)**:** Pull the leaves from the stems and discard stems.

BROAD-LEAF HERBS (INCLUDING SAGE AND BASIL)**:** Remove leaves from stems. For quicker drying, use a sharp knife to split each leaf lengthwise down the center.

CHIVES: Cut into shorter lengths of ¼ to ½ inch as desired.

USING DRIED HERBS

Freshly dried herbs retain their color well and should have a pronounced aroma and taste. For best flavor, before storing or using, crumble broad-leaf herbs but keep small-leaf herbs intact. When using dried herbs, crush them between two fingers to release the oils and boost the flavor.

STORING DRIED HERBS

Place dried herbs in airtight containers; label and store in a cool, dark place for up to 1 year.

SAGE: Best known as the signature flavor in poultry stuffings, sage has a musty mint taste. Use for poultry, sausage, pork, stuffing, and vegetables.

THYME: With its small leaves and pungent woodsy taste, thyme appears in many French and Mediterranean dishes. Use for chicken, beef, vegetables, soups, and sauces.

ROSEMARY: The needlelike leaves of rosemary are piney, highly aromatic, and characteristic of Italian cooking. Use rosemary for lamb, pork, fish, and breads.

OREGANO: Best known as the seasoning in pizza and spaghetti sauce, oregano is also delicious with bean soups, vegetables, beef, and grains.

HERB DRYING TIMES

The timings and amounts can vary depending on the freshness of the herbs, the size of the leaves, and the air humidity and temperature. To determine if an herb is done drying, crush a little with your fingers—if it's ready, it will crumble easily.

FRESH HERB	HANGING OR WAXED PAPER METHOD	DEHYDRATOR METHOD	AMOUNT OF DRIED HERBS, STEMMED
Basil	6 days	18 hours	4 tablespoons
Chives	24 hours	7 hours	2 tablespoons
Dill	24 hours	12 hours	2 tablespoons
Marjoram	1½ days	5 hours	5 tablespoons
Mint	1½ days	8 hours	3 tablespoons
Oregano	4 days	12 hours	3 tablespoons
Rosemary	4 days	12 hours	5 tablespoons
Sage	4 days	8 hours	4 tablespoons
Summer savory	4 days	20 hours	4 tablespoons
Tarragon	2 days	17 hours	3 tablespoons
Thyme	2½ days	5 hours	3 tablespoons

DRYING TO PRESERVE

ROOT VEGGIE CHIPS WITH SEA SALT

WHEN DONE, THESE CHIPS WILL LOOK EVENLY DRY, THE EDGES WILL HAVE CURLED, AND THE CHIPS WILL BE CRISP. REMOVE A CHIP OR TWO AND LET COOL A FEW MINUTES. TASTE FOR CRISPNESS. KEEP DRYING IF CHIPS ARE NOT CRISP.

PREP: 20 MINUTES **DEHYDRATE:** 8 HOURS **MAKES:** 2 CUPS **PHOTO**

- 3 to 4 cups peeled (if desired) and thinly sliced sweet potatoes, blue potatoes, beets, parsnips, carrots, rutabagas, and/or celery root*
- ½ teaspoon fine sea salt

1. Bring a large pot of salted water to boiling over high heat. Add the vegetable slices;** cook for 30 seconds. Drain vegetable slices in a colander set in a sink. Rinse with cold water and drain again. Pat vegetable slices dry with paper towels.

2. In a large bowl combine vegetable slices and the salt; toss to coat. Arrange in a single layer on mesh-lined dehydrator trays.

3. Dehydrate at 135°F for 8 to 10 hours or until dry and crisp, shifting trays as necessary to dry chips evenly. (Timings may vary depending on the air humidity and the amount of moisture in the vegetables.) If desired, sprinkle with additional salt.

***TIP:** Use a mandoline to slice vegetables evenly.

**TIP: If using beets, precook beet slices separately to prevent the red color of the beets from “bleeding” on to the other vegetables.

PER ⅓ CUP: 50 cal., 0 g fat, 0 mg chol., 223 mg sodium, 12 g carb., 2 g fiber, 1 g pro.

DRYING TO PRESERVE

DRIED DARK SWEET CHERRIES

SUBSTITUTE THESE INTENSELY FLAVORED DRIED SWEET CHERRIES FOR RAISINS OR DRIED CURRANTS IN YOUR FAVORITE SCONE RECIPE. THEIR RICH FLAVOR SETS THEM APART FROM THE MORE COMMON DRIED TART CHERRIES.

PREP: 25 MINUTES **DEHYDRATE:** 13 HOURS **MAKES:** 1½ CUPS **PHOTO**

2 pounds fresh dark sweet cherries, pitted

1. Arrange cherries in a single layer on mesh-lined dehydrator trays.

2. Dehydrate at 135°F for 13 to 15 hours or until dry and chewy. Let cool completely.

3. Store in a covered container in the refrigerator for up to 2 weeks or freeze for up to 3 months.

PER ¼ CUP: 88 cal., 0 g fat, 0 mg chol., 0 mg sodium, 22 g carb., 3 g fiber, 1 g pro.

PITTING CHERRIES

The quickest way to pit cherries is to use a cherry pitter—an inexpensive tool that simply pops the pit out with a squeeze. Or you can use a clean paper clip: Bend it open into an L-shape and push the rounded end into the stem end of the cherry. Rotate it a few times and the pit should come right out.

DRYING TO PRESERVE

DRIED CRANBERRIES

TOSS SLICED CELERY AND THESE HOME-DRIED CRANBERRIES WITH HOT COOKED RICE FOR A QUICK PILAF. THE CELERY ADDS CRUNCH AND THE CRANBERRIES CONTRIBUTE CHEWINESS AND FLAVOR.

PREP: 20 MINUTES **DEHYDRATE:** 11 HOURS **MAKES:** 2 CUPS

- 2 12-ounce packages fresh or frozen cranberries
- 2 cups water
- ¼ cup sugar
- 2 tablespoons vegetable oil

1. Place cranberries and the water in a large saucepan. Bring just to boiling; remove from heat. Let stand, covered, for 2 minutes. Drain well. Spread drained cranberries on paper towel-lined trays, pressing gently to release juices. Transfer to a large bowl. Toss with sugar and oil.

2. Arrange cranberries in a single layer on mesh-lined dehydrator trays, separating the berries as much as possible.

3. Dehydrate at 135°F for 11 to 12 hours or until dry and chewy, rearranging trays once or twice during drying. Let cool completely. Store in a covered container at room temperature for up to 3 months.

PER ¼ CUP: 94 cal., 4 g fat (0 g sat. fat), 0 mg chol., 2 mg sodium, 17 g carb., 4 g fiber, 0 g pro.

DRYING TO PRESERVE

CRISPY FRUIT CHIPS

MAKE A MIX OF FRUITS—APPLES, BANANAS, AND STRAWBERRIES—FOR A HEALTHFUL AND HIGHLY PORTABLE SNACK THAT WILL BE A HIT WITH KIDS.

PREP: 10 MINUTES **DEHYDRATE:** 10 HOURS **MAKES:** 1½ CUPS

- 3 to 4 cups ⅛-inch-thick sliced apples, pears, bananas, and/or strawberries (see tip, below)
- 2 tablespoons water
- 2 tablespoons lemon juice

1. Arrange fruit in a single layer on mesh-lined dehydrator trays. In a small bowl combine the water and lemon juice. Brush lemon-water mixture over sliced fruit.

2. Dehydrate at 135°F about 10 hours or until dry and crisp. Let cool completely.

PER ¼ CUP: 38 cal., 0 g fat, 0 mg chol., 1 mg sodium, 13 g carb., 2 g fiber, 0 g pro.

MANGO AND/OR PAPAYA CHIPS: Prepare as directed, except use sliced mango and/or papaya. Continue as directed. Dehydrate at 135°F about 11 hours or until dry and crisp.

PER ¼ CUP: 38 cal., 0 g fat, 0 mg chol., 4 mg sodium, 10 g carb., 1 g fiber, 0 g pro.

SLICE IT NICE

When making fruit or veggie chips in a dehydrator, use a mandoline slicer to get the thinnest, most even slices. There are very expensive ($250+) models on the market, but you can get a very good one for about $40. If you do a lot of dehydrating, it's worth the investment.

DRYING TO PRESERVE

MAPLE-CRACKED PEPPER JERKY

STEAMING THE MEAT BEFORE MARINATING IT NOT ONLY MAKES IT FOOD-SAFE, BUT IT ALSO HELPS THE STRIPS TO DEHYDRATE EVENLY. STEAMING COOKS THE MEAT EVENLY —INCLUDING THE EXTERIOR, WHICH WOULD GET OVERLY DRY IF THE MEAT WERE ROASTED INSTEAD OF STEAMED.

PREP: 45 MINUTES **STEAM:** 10 MINUTES **STAND:** 10 MINUTES
MARINATE: 1 HOUR **DEHYDRATE:** 5 HOURS **MAKES:** 16 SERVINGS

- 2 pounds boneless beef chuck roast and/or boneless beef sirloin roast
- 1 cup reduced-sodium soy sauce
- 2 tablespoons pure maple syrup
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 2 teaspoons cracked assorted peppercorns or black peppercorns
- 2 teaspoons sea salt
- 1 teaspoon dried thyme, crushed

1. Place a steamer insert in an extra-large skillet. Add enough water to the skillet to come just below the steamer insert. Bring

the water to boiling. Place roast in the steamer insert. Cover; steam for 10 to 15 minutes or until an instant-read thermometer inserted into the center of the roast registers 160°F. Place the roast on a cutting board and let stand for 10 minutes.*

2. With a sharp knife, trim excess fat from meat. Cut meat across the grain into ⅛- to ¼-inch slices that are 5 to 6 inches long.

3. For marinade, in a large bowl combine soy sauce, maple syrup, olive oil, garlic, cracked peppercorns, salt, and thyme. Add meat to marinade, stirring with a fork to coat the meat evenly. Cover and marinate in the refrigerator for 1 to 2 hours. (The longer you marinate, the stronger the flavor.) Drain meat in a colander set in a sink; discard marinade.

4. Place meat slices in a single layer on mesh-lined dehydrator trays.

5. Dehydrate at 160°F for 5 to 6 hours or until dry. To check doneness, remove one slice from dehydrator; slice should easily break in half when done. Let cool.

6. Store cooled jerky in a covered container at room temperature for up to 3 weeks before using.

OVEN DIRECTIONS: Prepare meat as directed through Step 3. Preheat oven to 200°F. Place meat on a wire rack placed in a shallow baking pan. Bake for 3½ to 5 hours or until dry. To check doneness, remove one slice from oven. Slice should easily break in half when done. Cool and store as directed.

***TIP:** To make slicing the meat easier, partially freeze the meat for 45 minutes before cutting it in Step 2.

PER ¾ OUNCE: 87 cal., 4 g fat (2 g sat. fat), 39 mg chol., 255 mg sodium, 1 g carb., 0 g fiber, 12 g pro.

FOR THE FREEZER

FREEZER CONFETTI CORN

FREEZER BERRY PIE FILLING

FREEZER TOMATO SAUCE

CHERRY-BERRY FREEZER JAM

try the pesto with pasta

HOMEMADE Pesto

RASPBERRY-ORANGE FREEZER JAM

THE FLAVOR OF PEAK-SEASON PRODUCE, LOCKED IN AT ITS PRIME

FLAVORED BUTTERS

Blackberry-Honey Butter
Cilantro-Lime Butter
Dill-Chive Butter
Gremolata Butter
Raspberry Butter
Tarragon-Shallot Butter

FRUIT PIES

Double-Crust Berry Pie
Double-Crust Cherry Pie

FRUITS

Freezer Berry Pie Filling
Freezer Sweet Cherry Pie Filling

Homemade Pesto

JAMS

Blackberry-Lime Freezer Jam
Blueberry Freezer Jam
Blueberry-Rhubarb Freezer Jam
Brandied Strawberry Freezer Jam
Cherry-Berry Freezer Jam
Cranberry-Pear Freezer Jam
Lime-Kiwi Freezer Jam
Lower-Sugar Strawberry-Mango Freezer Jam
Plum-Raspberry Freezer Jam
Raspberry-Orange Freezer Jam
Strawberry-Blackberry Freezer Jam

Strawberry Freezer Jam
Strawberry-Rhubarb Freezer Jam

SEASONING MIXES

Asian Seasoning Mix
Herb and Citrus Seasoning Mix
Italian Seasoning Mix
Southwestern Seasoning Mix

VEGETABLES

Freezer Confetti Corn
Freezer Guacamole
Freezer Stir-Fry Veggie Mix
Freezer Tomato Sauce
Freeze-Your-Own Herbed Vegetable Blend

TIPS AND TECHNIQUES

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blanching produce
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THE BASICS OF

FREEZING

FREEZING MAY BE THE QUICKEST AND EASIEST WAY TO PRESERVE FRESH-FROM-THE GARDEN PRODUCE. THESE FREEZER-FRIENDLY RECIPES, CHARTS, AND TIPS PROVIDE ALL THE INFORMATION YOU NEED TO FILL YOUR FREEZER.

EQUIPMENT

PANS AND UTENSILS: To freeze vegetables and fruits, you need a colander and a large pot or saucepan that has a wire basket. An accurate freezer thermometer will help you regulate your freezer temperature to 0°F or below.

FREEZER CONTAINERS

When freezing foods, use containers and packing materials that are durable, easy to seal, resistant to cracking at low temperatures, and moisture- and vapor-resistant. Choose the right size container for your volume of food; wasted space can lead to oxidation and freezer burn. Remember that foods containing water expand when frozen, so make sure the containers are expandable or leave enough headspace to allow for expansion. The following options are suitable for frozen foods.

RIGID CONTAINERS: Use sealable, rigid glass or plastic containers designed for freezing.

CANNING JARS: Select canning jars approved for freezing—this information is clearly noted on the jar packaging. Use only wide-

mouth glass jars; jars with necks can crack more easily as contents expand. To allow for food expansion, do not fill jars above the 1-inch line.

PLASTIC FREEZER BAGS: Use bags designated for freezing, such as resealable bags and vacuum freezer bags. These are made of thicker material than regular plastic bags and are more resistant to moisture and oxygen. In lieu of a vacuum sealer, use a straw to suck air out of bags.

To save space in the freezer, look for containers that you can stack one on top of another. Whether you choose plastic or glass, be sure to label them with both the contents and date.

GENERAL FREEZING STEPS

1. For freezing, select fruits and vegetables that are at their peak of maturity. Hold produce in the refrigerator if it can't be frozen immediately. Rinse and drain small quantities through several changes of cold water. Lift fruits and vegetables out of the water; do not let them soak. Prepare cleaned produce for freezing as specified in the charts.

2. Blanch vegetables (and fruits when directed) by scalding them in boiling water for the specified time. This stops or slows enzymes that can cause loss of flavor and color and toughen the

food. Do not blanch in the microwave because it might not inactivate some enzymes. Timings vary with vegetable type and size.

Blanching is a heat-and-cool process. First fill a large pot with water, using 1 gallon of water per 1 pound of prepared food. Bring to boiling. Add prepared food to the boiling water (or place it in a wire basket and lower it into the water); cover. Start timing immediately. Cook over high heat for the time specified in the charts. (Add 1 minute if you live 5,000 feet or higher above sea level.) Near the end of the time, fill your sink or a large container with ice water. When blanching time is complete, use a slotted spoon to remove the food from the boiling water or lift the wire basket out of the water. Immediately plunge the food into the ice water (see photo, right). Chill for the same amount of time it was boiled; drain.

3. Spoon the cooled, drained food into freezer containers or bags (see photo 2), leaving specified headspace (see tip, below). Fruits often are frozen with added sugar or liquid for better texture and flavor. For more information, refer to the chart introduction. Pack as directed in recipes. Here are the packing methods referred to in the charts.

UNSWEETENED OR DRY PACK: Do not add sugar or liquid to fruit; simply pack in a container. This is best for small whole fruits, such as berries.

WATER PACK: Cover the fruit with water or unsweetened fruit juice. Do not use glass jars. Maintain the recommended headspace.

SUGAR PACK: Place a small amount of fruit in the container and sprinkle lightly with sugar; repeat layering. Cover and let stand about 15 minutes or until juicy; seal.

SYRUP PACK: Cover fruit with a syrup of sugar and water. For a very thin syrup, use 1 cup sugar and 4 cups water to yield about 4 cups syrup. For a thin syrup, use 1⅔ cups sugar and 4 cups water to yield about 4¼ cups syrup. For a medium syrup, use 2⅔ cups sugar and 4 cups water to yield about 4⅔ cups syrup. For a heavy syrup, use 4 cups sugar and 4 cups water to yield about 5¾ cups syrup.

4. If using containers, wipe rims. Seal bags or containers according to manufacturer's directions, pressing out as much air as possible. If necessary, use freezer tape around container lid edges for a tight seal.

5. Label each container or bag with its contents, amount, and date (see photo 3). Lay bags flat; add packages to the freezer in batches to make sure food freezes quickly. Leave space between packages so air can circulate around them. When frozen solid, the packages can be placed closer together.

USING FROZEN FOODS

Vegetables are best cooked from a frozen state, without thawing them first. Thaw fruits in their containers either in the refrigerator or in a bowl of cold water. Use frozen fruits and vegetables within 8 to 10 months.

LEAVING HEADSPACE

The correct amount of headspace is as important in freezing as it is in canning. However, in freezing, the headspace allows for

the expansion of the food when frozen. When using unsweetened (dry) pack, leave a ½-inch headspace. When using water, sugar, or syrup pack, leave 0a ½-inch headspace for pints and a 1-inch headspace for quarts.

HOW TO FREEZE CORN

These steps show how to start the freezing process for corn.

1. When blanching corn, use tongs to remove the corn from the hot water.

2. Use a measuring cup to keep track of the amount added to each container.

3. If using freezer bags, press the air from the bag and seal. Label with the contents, amount, and date.

FROM THE FREEZER

FREEZER CONFETTI CORN

TUCK THIS TRIO OF CORN, RED SWEET PEPPER, AND ONION FLAVORED WITH HERBED BUTTER IN THE FREEZER AND YOU HAVE A SUMMER-FRESH SIDE DISH READY TO GO ANY DAY OF THE YEAR.

PREP: 25 MINUTES **FREEZE:** 3 HOURS
MAKES: FOUR 4-SERVING PORTIONS

- ½ cup butter, softened
- 2 tablespoons snipped fresh chives
- 2 tablespoons snipped fresh parsley
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 14 ears of corn, husks and silks removed
- ¾ cup finely chopped red sweet pepper (1 medium)
- ½ cup finely chopped sweet onion (1 medium)

1. In a small bowl combine butter, chives, parsley, salt, and black pepper. Shape butter mixture into a 5-inch log. Wrap in waxed paper or plastic wrap. Freeze about 1 hour or until firm. Cut

butter into eight slices. Place in a freezer container and freeze until needed.

2. Meanwhile, in a covered 8-quart pot cook corn in enough boiling water to cover for 3 minutes; drain. Plunge corn into two extra-large bowls of ice water. Let stand until chilled. Cut kernels from cobs; do not scrape (should have about 7 cups).

3. Line two 15×10×1-inch baking pans with parchment paper or foil. Spread corn kernels, sweet pepper, and onion in an even layer in the prepared pans. Freeze, loosely covered, about 2 hours or until nearly firm.

4. Divide vegetables evenly among four 1-quart freezer bags. Add two slices butter to each bag. Squeeze air from bags; seal and label. Store in the freezer for up to 6 months.

HEATING DIRECTIONS: Transfer one portion of the frozen corn mixture to a medium saucepan or skillet. Cook, covered, over medium heat for 10 to 12 minutes or until butter is melted and vegetables are heated through, stirring occasionally. Makes 4 servings.

PER ½ CUP: 114 cal., 7 g fat (4 g sat. fat), 15 mg chol., 134 mg sodium, 14 g carb., 2 g fiber, 2 g pro.

FROM THE FREEZER

FREEZER STIR-FRY VEGGIE MIX

FOR A HEALTHFUL DINNER IN MINUTES, PAIR THIS COLORFUL MELANGE OF FROZEN VEGGIES WITH STRIPS OF CHICKEN BREAST, BEEF, OR PORK AND A SPLASH OF BOTTLED STIR-FRY SAUCE.

PREP: 30 MINUTES **COOK:** 2 MINUTES **FREEZE:** 1 HOUR
MAKES: FOUR 3-SERVING PORTIONS **PHOTO**

- 8 ounces fresh green beans, trimmed and cut into 2-inch pieces
- 3 cups broccoli florets
- 1 cup thinly sliced carrots (2 medium)
- 2 medium red and/or yellow sweet peppers, seeded and cut into thin strips (1½ cups)
- 1 large sweet onion (such as Vidalia or Maui), cut into thin wedges

1. In a 6-quart pot cook green beans, broccoli, and carrots in enough boiling water to cover for 2 minutes. Drain vegetables; immediately transfer to an extra-large bowl of ice water. Let stand until chilled. Using a slotted spoon, transfer the vegetables to a tray lined with paper towels and pat dry.

2. Line two 15×10×1-inch baking pans with parchment paper or foil. In the prepared pans combine drained vegetables, the sweet peppers, and onion. Spread vegetables in even layers. Freeze about 1 hour or until nearly firm.

3. Spoon about 2½ cups vegetables into each of four quart-size freezer bags. Squeeze air from bags. Seal and label. Store in the freezer for up to 6 months.

HEATING DIRECTIONS: In a large skillet heat 1 tablespoon vegetable oil over medium heat. Add one portion of frozen vegetables; cook about 5 minutes or until heated through, stirring constantly.

PER ½ CUP: 28 cal., 0 g fat, 0 mg chol., 16 mg sodium, 6 g carb., 2 g fiber, 1 g pro.

AVOID THE BURN

Freezer burn is caused by ice crystals forming on food, which damages its taste and texture. The key to avoiding freezer burn is eliminating as much air as possible from the freezer bags. Vacuum sealing eliminates the most air so that ice crystals don't have any space to form. If you don't have a sealer, press as much air as possible out of resealable freezer bags before freezing.

FROM THE FREEZER

FREEZE-YOUR-OWN HERBED VEGETABLE BLEND

PICK A FLAVORED BUTTER—ASIAN, SOUTHWESTERN, ITALIAN, OR HERB AND CITRUS—TO FREEZE WITH THIS RAINBOW OF FRESH VEGGIES.

PREP: 45 MINUTES **FREEZE:** 2 HOURS
MAKES: FOUR 3-SERVING PORTIONS **PHOTO**

- ½ cup butter, softened
- Desired Seasoning Mix
- ¼ teaspoon salt
- 2 ears of corn, husks and silks removed
- 2 cups broccoli and/or cauliflower florets
- 3 medium carrots, bias-sliced ¼ inch thick
- 1½ cups yellow summer squash and/or zucchini bias-sliced ½ inch thick
- 1 large red or yellow sweet pepper, seeded and cut into bite-size strips
- 1 small sweet onion, cut into thin wedges

1. For herb butter, in a bowl combine butter, Seasoning Mix, and salt. Shape into a 5-inch roll. Wrap in plastic wrap. Freeze about 1 hour or until firm. Cut into eight slices. Place in freezer container; freeze until needed.

2. Meanwhile, in a covered 6-quart pot cook corn in enough boiling water to cover for 1 minute. Add broccoli, carrots, and

squash. Cook, covered, for 2 minutes; drain. Plunge vegetables into an extra-large bowl of ice water. Let stand until chilled. Cut kernels from cobs; do not scrape. Using a slotted spoon, transfer the remaining vegetables to a paper towel-lined tray and pat dry.

3. Line a 15×10×1-inch baking pan with parchment paper or foil. In the prepared pan spread corn, drained vegetables, sweet pepper, and onion in an even layer. Freeze about 1 hour or until nearly firm.

4. Spoon about 1½ cups vegetables into each quart freezer bag. Add 2 slices butter to each bag. Squeeze air from bag. Seal and label. Freeze for up to 6 months.

HEATING DIRECTIONS: Place one portion of frozen vegetable mixture in a medium saucepan. Cook, covered, over medium heat for 5 to 10 minutes or until butter is melted and vegetables are heated through, stirring occasionally. Season to taste with salt and black pepper.

PER ½ CUP: 106 cal., 8 g fat (5 g sat. fat), 20 mg chol., 136 mg sodium, 8 g carb., 2 g fiber, 2 g pro.

ASIAN SEASONING MIX: Combine 1 tablespoon grated fresh ginger, 2 cloves minced garlic, and 3 drops toasted sesame oil.

SOUTHWESTERN SEASONING MIX: Combine 1 teaspoon ground ancho chile pepper; ½ teaspoon dried oregano, crushed; and ½ teaspoon finely shredded lime peel.

ITALIAN SEASONING MIX: Combine 2 cloves minced garlic and ½ teaspoon dried Italian seasoning, crushed.

HERB AND CITRUS SEASONING MIX: Combine 1 tablespoon finely shredded lemon peel; ½ teaspoon dried dill weed; ½ teaspoon dried basil, crushed; and ¼ teaspoon coarse ground black pepper.

FOR SAUCY VEGETABLES: Stir 2 tablespoons all-purpose flour into a reheated portion of vegetables. Stir in 1 cup reduced-sodium chicken broth. Cook and stir until bubbly. Cook and stir for 1 minute more. If desired, stir in 2 cups bite-size strips cooked chicken, beef, or pork or 2 cups peeled, cooked shrimp. Season with salt and black pepper.

FREEZE FAST

If you don't grow your own sweet corn, buy the freshest corn you can find—and freeze it as soon as possible. If freezing it immediately is not an option, refrigerate it until you can freeze it. The longer it sits at room temperature, the more the natural sugars break down and the less sweet it tastes.

FROM THE FREEZER

FREEZER GUACAMOLE

SOUR CREAM AND LIME JUICE PROTECT THE AVOCADO FROM OXIDIZING AND TURNING BROWN. WITH FREEZING, THE GUACAMOLE RETAINS ITS BEAUTIFUL SHADE OF GREEN AND CHARACTERISTICALLY CREAMY TEXTURE FOR UP TO 1 MONTH. TO SERVE THE GUACAMOLE, THAW IT OVERNIGHT IN THE REFRIGERATOR.

START TO FINISH: 15 MINUTES **MAKES:** THREE 1½-CUP PORTIONS

- 6 ripe avocados, halved, seeded, peeled, and coarsely mashed
- ⅓ cup chopped green onions
- ⅓ cup snipped fresh cilantro
- ⅓ cup sour cream
- 3 tablespoons lime juice
- ½ teaspoon salt
- ¼ teaspoon bottled hot pepper sauce (optional)

1. In a medium bowl combine mashed avocados, green onions, cilantro, sour cream, lime juice, salt, and, if desired, hot pepper sauce.

2. Divide guacamole among three 1-quart resealable freezer bags. Squeeze air from bags; seal and label. Store in the freezer

for up to 1 month.

SERVING DIRECTIONS: Thaw overnight in the refrigerator.

PER 1 TABLESPOON: 21 cal., 2 g fat (0 g sat. fat), 0 mg chol., 18 mg sodium, 1 g carb., 1 g fiber, 0 g pro.

FROM THE FREEZER

FREEZER TOMATO SAUCE

USE A FOOD PROCESSOR OR FOOD MILL TO GIVE THIS ALL-PURPOSE TOMATO SAUCE THE TEXTURE YOU LIKE BEST—FROM CHUNKY TO PERFECTLY SMOOTH.

PREP: 40 MINUTES **COOK:** 1 HOUR **MAKES:** 3 TO 4 PINTS

- 6 pounds ripe roma tomatoes
- 2 tablespoons olive oil or vegetable oil
- 1½ cups chopped onions (3 medium)
- ½ cup chopped celery (1 stalk)
- 3 large cloves garlic, minced
- 2 teaspoons sugar
- 1 to 2 teaspoons salt
- ½ teaspoon ground black pepper
- ⅛ teaspoon cayenne pepper (optional)
- 2 tablespoons snipped fresh oregano or 2 teaspoons dried oregano, crushed
- 1 to 2 tablespoons snipped fresh thyme or 1 to 2 teaspoons dried thyme, crushed

1. Wash tomatoes. Remove stem ends. To peel tomatoes, bring 4 inches of water to boiling in a large saucepan. Immerse tomatoes, a few at a time, into boiling water for 30 to 60 seconds or until the skins start to crack. Immediately dip tomatoes into cold water; drain in a colander. Slip off skins; discard. Remove cores and seeds. Coarsely chop tomatoes. Measure 10 cups chopped tomatoes; set aside.

2. In an 8-quart heavy pot heat oil over medium heat. Add onions, celery, and garlic; cook about 5 minutes or until tender. Add the 10 cups chopped tomatoes, sugar, salt, black pepper, and, if desired, cayenne pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 45 minutes, stirring occasionally. Stir in oregano and thyme. Simmer, uncovered, for 15 minutes more. Cool slightly.

3. In a food processor process tomato mixture, one-fourth at a time, to desired sauce texture. (Or press tomato mixture through a food mill.) Transfer sauce to a large bowl. Place bowl in a sink filled with ice water; stir tomato sauce to cool.

4. Transfer sauce to pint freezer containers, leaving a ½-inch headspace. Seal and label. Store in the freezer for up to 6 months or in the refrigerator for up to 1 week.

HEATING DIRECTIONS: Thaw overnight in refrigerator. Pour sauce into a medium saucepan. Cook over medium heat until hot, stirring occasionally. Serve hot sauce over hot cooked pasta.

PER ¾ CUP: 106 cal., 4 g fat (1 g sat. fat), 0 mg chol., 313 mg sodium, 17 g carb., 4 g fiber, 3 g pro.

FREEZING WHOLE TOMATOES

If your tomato plants are producing like crazy and you can't keep up, you can simply wash, blanch, peel, and core the tomatoes (see tip) and place them in a freezer bag . It takes up a fair amount of freezer space, but thawed frozen tomatoes are great to use in sauces, soups, and stews.

FROM THE FREEZER

HOMEMADE PESTO

TO MAKE THE PIZZA SHOWN IN THE PHOTO, THAW TWO CUBES (4 TABLESPOONS) OF THE PESTO AND SPREAD ON A PURCHASED PIZZA CRUST. TOP WITH 4 OUNCES SLICED FRESH MOZZARELLA AND BAKE IN A 425°F OVEN FOR 10 MINUTES OR UNTIL CHEESE IS MELTED. DRIZZLE WITH OLIVE OIL AND SPRINKLE WITH CRUSHED RED PEPPER.

START TO FINISH: 15 MINUTES **FREEZE:** 6 TO 12 HOURS
MAKES: 1¼ CUPS **PHOTO**

- 3 cups firmly packed fresh basil leaves (3 ounces)
- ⅔ cup walnuts or almonds
- ⅔ cup grated Parmesan or Romano cheese
- ½ cup olive oil
- 4 cloves garlic, quartered
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

1. In a food processor or blender combine basil, nuts, cheese, oil, garlic, salt, and pepper. Cover and process or blend until nearly smooth, stopping to scrape the side as necessary.

2. Place 2 tablespoons of the pesto in each slot of a standard ice cube tray; cover tightly with foil. Freeze for 6 to 12 hours or until firm.

3. Remove frozen pesto cubes from ice cube trays and place in freezer containers. Store in the freezer for up to 3 months or in

the refrigerator for up to 2 days.

4. To serve, thaw desired amount of pesto at room temperature for 1 to 2 hours.

PER 2 TABLESPOONS: 173 cal., 17 g fat (3 g sat. fat), 5 mg chol., 200 mg sodium, 40 g carb., 3 g fiber, 10 g pro.

TIP: For pesto pasta, toss 2 tablespoons thawed pesto (1 cube) per 1 cup hot cooked pasta.

MAKE-IT-MINE PESTO

Although basil pesto is the Genovese classic, this flavorful and aromatic sauce is highly adaptable to different herbs and leafy greens, depending on the flavor you are after. Substitute all or part of the basil for spinach, arugula, parsley, or cilantro. You can also swap out the nuts: Pine nuts, walnuts, almonds, pistachios, and pecans all work equally well.

FROM THE FREEZER

FREEZER SWEET CHERRY PIE FILLING

DARK SWEET CHERRIES HAVE A SWEET, ALMOST WINELIKE FLAVOR THAT MAKES THIS PIE A NICE CHANGE OF PACE FROM THE MORE COMMON TYPE MADE WITH TART RED CHERRIES.

PREP: 20 MINUTES **MAKES:** 4 CUPS **PHOTO**

- 5 cups pitted fresh dark sweet cherries
- ¾ cup sugar
- 2 tablespoons cornstarch
- 1 tablespoon quick-cooking tapioca
- 1 tablespoon lemon juice
- ½ teaspoon almond extract or vanilla

1. In a large bowl combine cherries, sugar, cornstarch, tapioca, lemon juice, and almond extract.

2. Transfer cherry mixture to a 1-gallon plastic freezer bag. Squeeze air from bag; seal and label.

3. Store in the freezer for up 3 months. To use, thaw overnight in the refrigerator.

PER ½ CUP FILLING: 148 cal., 0 g fat, 0 mg chol., 0 mg sodium, 37 g carb., 2 g fiber, 1 g pro.

DOUBLE-CRUST CHERRY PIE: Preheat oven to 375°F. Let one 14.1-ounce package (2 crusts) rolled refrigerated unbaked piecrust stand according to package directions. Unroll one piecrust and fit into a 9-inch pie plate. Transfer thawed Freezer Sweet Cherry Pie Filling to the pastry-lined pie plate. Trim pastry even with pie plate rim. Place the remaining piecrust on filling; trim pastry to ½ inch beyond edge of pie plate. Fold top pastry edge under bottom pastry. Crimp edge as desired. If desired, brush top pastry with milk and sprinkle with sugar. To prevent overbrowning, cover edge of pie with foil. Place a foil-lined baking sheet on the rack below pie in the oven. Bake for 30 minutes. Remove foil. Bake for 35 to 40 minutes more or until filling is bubbly. Cool completely on a wire rack before serving. Makes 8 servings.

PER SERVING: 384 cal., 14 g fat (5 g sat. fat), 0 mg chol., 218 mg sodium, 65 g carb., 3 g fiber, 3 g pro.

FROM THE FREEZER

FREEZER BERRY PIE FILLING

USE ALL OF ONE KIND OF BERRY—WHETHER THAT'S YOUR FAVORITE OR WHAT YOU HAVE IN MOST ABUNDANCE—OR USE A BLEND OF BERRIES.

PREP: 20 MINUTES **MAKES:** 3 CUPS

- 1 cup sugar
- 2 tablespoons quick-cooking tapioca
- 1 tablespoon cornstarch
- 4 cups fresh raspberries, blueberries, blackberries, and/or chopped strawberries
- 2 tablespoons lemon juice

1. In a large bowl stir together sugar, tapioca, and cornstarch. Gently stir in berries and lemon juice.

2. Transfer berry mixture to a 1-gallon freezer bag. Squeeze air from bag; seal and label.

3. Store in the freezer for up to 3 months. To use, thaw in the refrigerator overnight.

PER ⅓ CUP FILLING: 144 cal., 0 g fat, 0 mg chol., 1 mg sodium, 36 g carb., 3 g fiber, 1 g pro.

DOUBLE-CRUST BERRY PIE: Preheat oven to 375°F. Let one 14.1-ounce package (2 crusts) rolled refrigerated unbaked piecrust stand according to package directions. Unroll one piecrust and fit into a 9-inch pie plate. Transfer thawed Freezer

Berry Pie Filling to pastry-lined pie plate. Trim pastry even with pie plate rim. Place the remaining piecrust on filling; trim pastry to ½ inch beyond edge of plate. Fold top pastry edge under bottom pastry. Crimp edge as desired. If desired, brush top pastry with milk and sprinkle with sugar. To prevent overbrowning, cover edge of pie with foil. Place a foil-lined baking sheet on the rack below pie in the oven. Bake for 30 minutes. Remove foil. Bake for 35 to 40 minutes more or until filling is bubbly. Cool completely on a wire rack. Makes 8 servings.

PER SERVING: 381 cal., 14 g fat (5 g sat. fat), 0 mg chol., 218 mg sodium, 63 g carb., 4 g fiber,2 g pro.

FROM THE FREEZER

STRAWBERRY-BLACKBERRY FREEZER JAM

THIS BRIGHT-RED MIXED-BERRY JAM CONTAINS AN APPLE—WHICH IS NATURALLY VERY HIGH IN PECTIN—SO THERE'S NO NEED FOR ADDED PECTIN TO GIVE IT A NICE JAMMY CONSISTENCY.

PREP: 25 MINUTES **COOK:** 20 MINUTES **COOL:** 2 HOURS
STAND: 24 HOURS **MAKES:** 3 HALF-PINTS

- 3 cups hulled, quartered fresh strawberries (15 ounces)
- 1 cup fresh blackberries
- 1 medium Granny Smith or other tart apple, peeled, cored, and shredded (1 cup)
- 1 cup honey
- 1 tablespoon lemon juice
- ¼ teaspoon cracked black pepper

1. In a medium saucepan combine strawberries, blackberries, apple, and honey. Bring to boiling over medium-high heat; reduce heat. Simmer, uncovered, about 20 minutes or until slightly thickened (mixture will thicken more as it cools; see tip). Stir mixture occasionally while cooking and use a wooden spoon to gently crush the blackberries against the side of the saucepan. (You should have about 3 cups mixture.)

2. Stir in lemon juice and cracked pepper. Remove from heat; cool about 2 hours or until room temperature.

3. Ladle jam into half-pint freezer containers, leaving a ½-inch headspace. Seal and label. Let stand at room temperature for 24 hours before storing.

4. Store jam for up to 1 year in the freezer or 3 weeks in the refrigerator.

PER 1 TABLESPOON: 28 cal., 0 g fat, 0 mg chol., 0 mg sodium, 7 g carb., 0 g fiber, 0 g pro.

FROM THE FREEZER

STRAWBERRY FREEZER JAM

BRAND-NEW TO JAM MAKING? THIS NO-COOK, NO-CAN JAM IS THE PLACE TO START. BECAUSE THE BERRIES AREN'T COOKED BEFORE BEING MADE INTO JAM, THEY TASTE AS FRESH SLATHERED ON TOAST OR PANCAKES ON A WINTER MORNING AS THEY DID THE DAY THEY WERE PICKED. FIND PERFECTLY RIPE, JUICY, IN-SEASON STRAWBERRIES AT A PICK-YOUR-OWN PATCH.

PREP: 30 MINUTES **STAND:** 30 MINUTES **MAKES:** 5 HALF-PINTS

PHOTO

- 8 cups strawberries
- 1⅔ cups sugar
- 5 tablespoons instant powdered fruit pectin
- 1 tablespoon finely shredded lemon peel

1. In a large bowl crush 1 cup of the strawberries with a potato masher. Continue adding berries and crushing until you have 4 cups crushed berries.

2. In an extra-large bowl stir together sugar and pectin. Add the 4 cups crushed strawberries and lemon peel. Stir for 3 minutes.

3. Ladle jam into half-pint freezer containers, leaving a ½-inch headspace. Seal and label. Let stand at room temperature for 30 minutes.

4. Store jam in the freezer for up to 1 year or in the refrigerator for up to 3 weeks.

PER 1 TABLESPOON: 25 cal., 0 g fat, 0 mg chol., 8 mg sodium, 6 g carb., 0 g fiber, 0 g pro.

FROM THE FREEZER

LOWER-SUGAR STRAWBERRY-MANGO FREEZER JAM

BECAUSE MANGOES HAVE SUCH LARGE SEEDS, EACH ONE DOESN'T YIELD MUCH FRUIT—BUT THE FRUIT YOU DO GET IS WORTH THE EFFORT YOU TAKE TO GET AT IT. A RIPE MANGO IS SWEETLY AROMATIC AND GIVES SLIGHTLY WHEN PRESSED.

PREP: 20 MINUTES **STAND:** 24 HOURS **MAKES:** 3 HALF-PINTS

- 1½ cups crushed ripe strawberries (about 1 pound)
- ½ cup crushed ripe mango (about 1 medium)
- 1¼ cups sugar
- 3 tablespoons powdered fruit pectin for lower-sugar recipes
- ½ cup orange juice

1. In a medium bowl combine the crushed strawberries and mango; set aside.

2. In a medium saucepan combine sugar and pectin; mix well. Stir in the orange juice. Bring to boiling; stirring constantly. Boil and stir for 1 minute. Remove saucepan from heat.

3. Quickly stir the strawberry-mango mixture into the pectin mixture. Stir until thoroughly combined.

4. Ladle jam into half-pint freezer containers, leaving a ½-inch headspace. Seal and label. Allow to stand at room temperature

for 24 hours before storing.

5. Store jam in the freezer for up to 1 year or in the refrigerator for up to 3 weeks.

PER 1 TABLESPOON: 24 cal., 0 g fat, 0 mg chol., 8 mg sodium, 6 g carb., 0 g fiber, 0 g pro.

FROM THE FREEZER

LIME-KIWI FREEZER JAM

ONE SPOONFUL OF THIS SPECKLED, BRIGHT-GREEN CONCOCTION IS PROOF THAT SWEET KIWIFRUIT AND TART LIME IS A CONGENIAL COMBINATION.

PREP: 35 MINUTES **STAND:** 10 MINUTES + 24 HOURS
MAKES: 5 HALF-PINTS

- 1½ pounds mashed, peeled kiwifruits (2 cups)
- 4 cups sugar
- 1 teaspoon finely shredded lime peel
- ¼ cup lime juice
- ½ cup water
- 1 1.75-ounce package regular powdered fruit pectin

1. In a large bowl combine mashed kiwifruits, sugar, and lime peel. Let stand for 10 minutes, stirring occasionally.

2. Meanwhile, in a small saucepan combine lime juice and the water. Stir in the pectin. Bring to boiling over high heat. Boil hard for 1 minute, stirring constantly. Add pectin mixture to the fruit mixture, stirring about 3 minutes or until sugar dissolves and mixture is not grainy.

3. Ladle jam into half-pint freezer containers, leaving a ½-inch headspace. Seal and label. Let stand at room temperature for 24 hours before storing.

4. Store in the freezer for up to 1 year or in the refrigerator for up to 3 weeks.

PER 1 TABLESPOON: 46 cal., 0 g fat, 0 mg chol., 1 mg sodium, 12 g carb., 0 g fiber, 0 g pro.

MASH IT UP

When a jam recipe calls for mashed or crushed fruit—as the recipes on these pages do—a plain old-fashioned potato masher does the trick in a snap.

FROM THE FREEZER

STRAWBERRY-RHUBARB FREEZER JAM

THE COMPLEMENTARY SWEET-TART FLAVORS OF STRAWBERRIES AND RHUBARB MAKE THEM NATURAL COMPANIONS IN COBBLERS, CRISPS, PIES—AND IN THIS PRETTY PINK JAM.

PREP: 25 MINUTES **STAND:** 10 MINUTES + 24 HOURS
MAKES: 5 HALF-PINTS **PHOTO**

- 3 cups strawberries, hulled
- 1 cup finely chopped rhubarb
- 5 cups sugar
- ½ teaspoon finely shredded lemon peel
- ¾ cup water
- 1 1.75-ounce package regular powdered fruit pectin

1. Place strawberries in a large bowl. Use a potato masher to crush berries (should have about 1½ cups). Stir rhubarb into the crushed berries. Add sugar and lemon peel; stir to combine. Let stand at room temperature for 10 minutes, stirring occasionally.

2. In a small saucepan combine the water and pectin. Bring to boiling, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Add pectin mixture to fruit mixture, stirring about 3 minutes or until sugar dissolves and mixture is no longer grainy.

3. Ladle jam into half-pint freezer containers, leaving a ½-inch headspace. Seal and label. Let stand at room temperature for 24 hours before storing.

4. Store for up to 1 year in the freezer or for up to 3 weeks in the refrigerator.

PER 1 TABLESPOON: 53 cal., 0 g fat, 0 mg chol., 1 mg sodium, 14 g carb., 0 g fiber, 0 g pro.

PREPPING RHUBARB

To prepare rhubarb for preservation—freezing or canning—first remove the ends and trim the leaves. (Never use the leaves—they contain high levels of oxalic acid, which is toxic.) Wash the stalks well and cut into desired-size pieces.

FROM THE FREEZER

BLACKBERRY-LIME FREEZER JAM

TRY THIS INTENSELY FLAVORED JAM ON WARM CORN BREAD AND TOASTED SOURDOUGH BREAD.

PREP: 20 MINUTES **STAND:** 10 MINUTES + 24 HOURS
MAKES: 4 HALF-PINTS **PHOTO**

- 5¼ cups sugar
- 3 cups crushed fresh blackberries
- ½ teaspoon finely shredded lime peel
- 1 1.75-ounce package regular powdered fruit pectin
- ¾ cup water

1. In a large bowl combine sugar, blackberries, and lime peel. Let stand at room temperature for 10 minutes, stirring occasionally.

2. In a small saucepan stir pectin into the water. Bring to boiling, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Add pectin mixture to blackberry mixture; stir about 3 minutes or until sugar dissolves and mixture is not grainy.

3. Ladle jam into half-pint freezer containers, leaving a ½-inch headspace. Seal and label. Let stand at room temperature for 24 hours before storing.

4. Store in the freezer for up to 1 year or in the refrigerator for up to 3 weeks.

PER 1 TABLESPOON: 69 cal., 0 g fat, 0 mg chol., 1 mg sodium, 18 g carb., 0 g fiber, 0 g pro.

FROM THE FREEZER

BLUEBERRY FREEZER JAM

A TOUCH OF CINNAMON BRINGS OUT THE FLAVOR OF THE FRUIT IN THIS VERY SIMPLE SPREAD. BE SURE TO ACCURATELY MEASURE OUT 4 CUPS OF CRUSHED BERRIES. PRECISION IN MEASURING IS IMPORTANT TO ENSURE SUCCESS IN JAM MAKING BECAUSE FLUCTUATIONS IN THE PROPORTIONS OF SUGAR TO FRUIT TO PECTIN CAN CHANGE THE CONSISTENCY OF THE FINAL PRODUCT.

PREP: 30 MINUTES **STAND:** 30 MINUTES **MAKES:** 5 HALF-PINTS

- 7 cups fresh blueberries
- 1⅔ cups sugar
- 5 tablespoons instant powdered fruit pectin
- 1 teaspoon ground cinnamon

1. Place 1 cup of the blueberries in a large bowl. Use a potato masher to crush the berries. Continue adding and crushing berries until you have 4 cups crushed berries.

2. In an extra-large bowl stir together sugar, pectin, and cinnamon. Add the crushed blueberries to the pectin mixture. Stir for 3 minutes.

3. Ladle jam into half-pint freezer containers, leaving a ½-inch headspace. Seal and label. Let stand at room temperature for 30 minutes.

4. Store in the freezer for up to 1 year or in the refrigerator for up to 3 weeks.

PER 1 TABLESPOON: 27 cal., 0 g fat, 0 mg chol., 8 mg sodium, 7 g carb., 0 g fiber, 0 g pro.

FROM THE FREEZER

PLUM-RASPBERRY FREEZER JAM

RASPBERRIES QUICKLY GET MUSHY AFTER BEING WASHED, SO GIVE THEM A QUICK RINSE UNDER COOL RUNNING WATER RIGHT BEFORE YOU USE THEM.

PREP: 25 MINUTES **COOK:** 10 MINUTES **COOL:** 2 HOURS
STAND: 24 HOURS **MAKES:** 4 HALF-PINTS

- 2¼ pounds plums, peeled, pitted, and finely chopped (4½ to 5 cups)
- 1 cup fresh raspberries
- 1 cup honey
- ½ of a vanilla bean
- 1 tablespoon lemon juice

1. In a medium saucepan combine plums, raspberries, and honey. Bring to boiling over medium-high heat; reduce heat. Simmer, uncovered, for 10 to 20 minutes or until slightly thickened (mixture will thicken more as it cools); stir occasionally while cooking and use a wooden spoon to gently crush the raspberries against the side of the saucepan.

2. Halve vanilla bean portion lengthwise and scrape out seeds. Stir vanilla seeds and lemon juice into the fruit mixture. Remove from heat; cool about 2 hours or until room temperature.

3. Ladle into half-pint freezer containers, leaving a ½-inch headspace. Seal and label. Let stand at room temperature for 24 hours.

4. Store in the freezer for up to 1 year or in the refrigerator for up to 3 weeks.

PER 1 TABLESPOON: 26 cal., 0 g fat, 0 mg chol., 0 mg sodium, 7 g carb., 0 g fiber, 0 g pro.

TEXTURE MATTERS

Freezer jams and those that don't contain added pectin (other than the naturally occurring pectin in the featured fruit) have a slightly looser, thinner texture than canned jams and those that contain commercial pectin. The jam should still set up and be spreadable, but it won't be quite as firm.

FROM THE FREEZER

CRANBERRY-PEAR FREEZER JAM

THIS GINGER-AND-CINNAMON-SPICED JAM MAKES A LOVELY GIFT DURING THE HOLIDAY SEASON.

PREP: 25 MINUTES **COOK:** 10 MINUTES **COOL:** 2 HOURS
STAND: 24 HOURS **MAKES:** 3 HALF-PINTS

- 4 ripe medium fresh pears, peeled, cored, and chopped (4 cups)
- 1 cup fresh cranberries
- 1 cup honey
- 1 tablespoon lemon juice
- ½ teaspoon ground ginger
- ¼ teaspoon ground cinnamon

1. In a medium saucepan combine pears, cranberries, and honey. Bring to boiling over medium-high heat; reduce heat. Simmer, uncovered, stirring occasionally and using a wooden spoon to gently crush the cranberries against the side of the saucepan. Cook for 10 to 20 minutes or until slightly thickened (mixture will thicken more as it cools; see tip).

2. Stir in lemon juice, ginger, and cinnamon. Remove from heat; cool about 2 hours or until room temperature.

3. Ladle jam into half-pint freezer containers, leaving a ½-inch headspace. Seal and label. Let stand at room temperature for 24 hours before storing.

4. Store in the freezer for up to 1 year or for up to 3 weeks in the refrigerator.

PER 1 TABLESPOON: 30 cal., 0 g fat, 0 mg chol., 0 mg sodium, 8 g carb., 1 g fiber, 0 g pro.

FROM THE FREEZER

BLUEBERRY-RHUBARB FREEZER JAM

HAVE THE BLUEBERRIES, RHUBARB, AND HONEY IN THE SAUCEPAN BEFORE YOU SHRED THE APPLE. MINIMIZING THE AMOUNT OF TIME THE SHREDDED APPLE IS EXPOSED TO AIR WILL KEEP IT FROM TURNING BROWN.

PREP: 15 MINUTES **COOK:** 10 MINUTES **COOL:** 2 HOURS
STAND: 24 HOURS **MAKES:** 3 HALF-PINTS

- 2 cups fresh blueberries
- 2 cups chopped fresh or frozen rhubarb
- 1 large Granny Smith or other tart apple, peeled, cored, and coarsely shredded (1 cup)
- 1 cup honey
- 1 tablespoon lemon juice

1. In a medium saucepan combine blueberries, rhubarb, apple, and honey. Bring to boiling over medium high heat, stirring occasionally; reduce heat. Simmer, uncovered, for 10 to 20 minutes or until slightly thickened (mixture will thicken more as it cools; see tip, below). Stir mixture occasionally while cooking and use a wooden spoon to gently crush the blueberries against the side of the saucepan.

2. Stir in lemon juice. Remove from heat; cool about 2 hours or until room temperature.

3. Ladle jam into half-pint freezer containers, leaving a ½-inch headspace. Seal and label. Let stand at room temperature for 24 hours before storing.

4. Store in the freezer for up to 1 year or in the refrigerator for up to 3 weeks.

PER 1 TABLESPOON: 28 cal., 0 g fat, 0 mg chol., 1 mg sodium, 8 g carb., 0 g fiber, 0 g pro.

FREEZER JAM TEST

To check if your freezer jam is cooked enough, remove saucepan from heat. Place a teaspoon of the jam on a small baking sheet or plate. Place in the freezer for a minute or two. The jam should be slightly set with no free juices running from it.

FROM THE FREEZER

CHERRY-BERRY FREEZER JAM

FRESH TART RED CHERRIES CAN BE A LITTLE TRICKY TO FIND. THEY HAVE A SHORT GROWING SEASON AND ARE GROWN COMMERCIALLY MAINLY IN MICHIGAN AND WISCONSIN. THE TWO MOST COMMON VARIETIES ARE MONTMORENCY AND MORELLO. IF YOU DON'T HAVE YOUR OWN TREE, LOOK FOR THEM AT THE SUPERMARKET IN JUNE AND JULY—OR VISIT A U-PICK FARM.

PREP: 35 MINUTES **STAND:** 10 MINUTES + 24 HOURS
MAKES: 5 HALF-PINTS

- 1 pound tart red cherries
- 1 cup mashed blueberries
- 4 cups sugar
- ½ teaspoon finely shredded lemon peel
- 1 1.75-ounce package regular powdered fruit pectin
- ¾ cup water

1. Stem, pit, and finely chop cherries. Measure 1½ cups chopped cherries. In a large bowl combine the chopped cherries and mashed blueberries; stir in sugar and lemon peel. Allow to stand at room temperature for 10 minutes, stirring occasionally.

2. In a small saucepan stir pectin into the water. Bring to boiling, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly stir pectin mixture into fruit mixture, stirring about 3 minutes or until sugar dissolves and mixture is no longer grainy.

3. Ladle jam into half-pint freezer containers, leaving a ½-inch headspace. Seal and label. Let stand at room temperature for 24 hours before storing.

4. Store in the freezer for up to 1 year or in the refrigerator for up to 3 weeks.

PER 1 TABLESPOON: 45 cal., 0 g fat, 0 mg chol., 1 mg sodium, 11 g carb., 0 g fiber, 0 g pro.

FROM THE FREEZER

BRANDIED STRAWBERRY FREEZER JAM

THIS SPIRITED STRAWBERRY JAM MAKES AN ELEGANT FILLING FOR THUMBPRINT COOKIES OR A SERVE-ALONG WITH BUTTERY SHORTBREAD.

PREP: 35 MINUTES **STAND:** 24 HOURS **MAKES:** 5 HALF-PINTS

- 4 cups strawberries
- 4 cups sugar
- 3 tablespoons brandy
- ½ teaspoon finely shredded lemon peel
- 1 1.75-ounce package regular powdered fruit pectin
- ¾ cup water

1. Place strawberries in a large bowl. Use a potato masher to crush berries (should have 2 cups crushed berries); stir in sugar, brandy, and lemon peel. Let stand at room temperature for 10 minutes, stirring occasionally.

2. In a small saucepan stir pectin into the water. Bring to boiling, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Stir pectin mixture into berry mixture, stirring about 3 minutes or until sugar dissolves and mixture is no longer grainy.

3. Ladle jam into half-pint freezer containers, leaving a ½-inch headspace. Seal and label. Let stand at room temperature for

24 hours before storing.

4. Store for up to 1 year in the freezer or for up to 3 weeks in the refrigerator.

PER 1 TABLESPOON: 45 cal., 0 g fat, 0 mg chol., 1 mg sodium, 11 g carb., 0 g fiber, 0 g pro.

NO-COOK FREEZER JAMS

Freezer jams that feature apples and pears are most often cooked first—which changes texture and flavor—before being frozen. Those made from fresh berries are most often not cooked first. Especially in fresh-berry freezer jams, the final product will only be as good as the fruit it's made from, so it's especially important to make them from best-quality, ripe, in-season berries.

FROM THE FREEZER

RASPBERRY-ORANGE FREEZER JAM

A BIT OF ORANGE PEEL INFUSES THIS GORGEOUS JEWEL-TONE JAM WITH CITRUS FLAVOR.

PREP: 20 MINUTES **STAND:** 10 MINUTES + 24 HOURS
MAKES: 4 HALF-PINTS **PHOTO**

- 5½ cups sugar
- 3 cups crushed raspberries
- ½ teaspoon finely shredded orange peel
- 1 1.75-ounce package regular powdered fruit pectin
- ¾ cup water

1. In a large bowl combine sugar, raspberries, and orange peel. Let stand at room temperature for 10 minutes, stirring occasionally.

2. In a small saucepan stir pectin into the water. Bring to boiling, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Add pectin mixture to raspberry mixture; stir about 3 minutes or until sugar dissolves and mixture is not grainy.

3. Ladle jam into half-pint freezer containers, leaving a ½-inch headspace. Seal and label. Let stand at room temperature for 24 hours before storing.

4. Store for up to 1 year in the freezer or for up 3 weeks in the refrigerator.

PER 1 TABLESPOON: 73 cal., 0 g fat, 0 mg chol., 1 mg sodium, 19 g carb., 0 g fiber, 0 g pro.

FREEZING IN GLASS JARS

Although plastic jars made specifically for the freezer are lightweight and convenient, you can use other types of containers as well (see The Basics of Freezing). If you prefer the look of jam in glass jars, be sure the jars are approved for freezing—and use wide-mouth jars only. Glass jars with "shoulders" can crack more easily as the contents expand in the freezer.

FROM THE FREEZER

DILL-CHIVE BUTTER

TRY ANY OF THE SAVORY HERB BUTTER VARIATIONS ON STEAMED FRESH VEGETABLES AND BAKED OR GRILLED FISH. THE SWEETENED FRUIT BUTTERS ARE WONDERFUL ON QUICK BREADS, MUFFINS, AND WARM BISCUITS.

START TO FINISH: 30 MINUTES **MAKES:** 2 CUPS

- 1 pound salted butter, softened
- 2 tablespoons finely snipped fresh dill
- 2 tablespoons finely snipped fresh chives
- 1 teaspoon freshly ground black pepper

1. In a large mixing bowl beat butter with an electric mixer on medium speed until fluffy, scraping bowl occasionally. Add dill, chives, and pepper. Beat on low speed until combined. Divide butter among four pieces of plastic wrap. Shape each portion into a 4-inch log. Wrap each log in plastic wrap, then in foil; label.

2. Store for up 3 months in the freezer or for up to 2 weeks in the refrigerator.

3. To serve, let chilled butter stand at room temperature for 30 to 60 minutes (1½ to 2 hours if frozen) or until softened. Cut into slices.

TARRAGON-SHALLOT BUTTER: Prepare as directed, except substitute ¼ cup finely snipped fresh tarragon and 2

tablespoons finely chopped shallot for dill and chives.

GREMOLATA BUTTER: Prepare as directed, except substitute ⅓ cup finely snipped fresh Italian (flat-leaf) parsley, 2 teaspoons finely shredded lemon peel, and 2 cloves garlic, minced, for the dill, chives, and pepper.

CILANTRO-LIME BUTTER: Prepare as directed, except substitute ⅓ cup finely snipped fresh cilantro, 2 tablespoons finely chopped fresh jalapeño chile peppers (see tip), and 1 tablespoon finely shredded lime peel for dill and chives.

RASPBERRY BUTTER: Omit dill, chives, and pepper. In a large mixing bowl beat butter and 2 tablespoons powdered sugar with electric mixer on medium speed until fluffy, scraping bowl occasionally. Add 1 cup fresh raspberries. Beat on low speed until combined, scraping sides of bowl once. Continue as directed in Step 2.

PER 1 TABLESPOON DILL-CHIVE, TARRAGON-SHALLOT, GREMOLATA, CILANTRO-LIME, AND RASPBERRY VARIATIONS: 102 cal., 12 g fat (7 g sat. fat), 30 mg chol., 101 mg sodium, 0 g carb., 0 g fiber, 0 g pro.

BLACKBERRY-HONEY BUTTER: Omit dill, chives, and pepper. In a food processor combine ½ cup fresh blackberries and ½ cup honey. Process until smooth. Strain through a fine-mesh sieve; discard seeds. In a mixing bowl beat butter with an electric mixer on medium speed until fluffy, scraping bowl occasionally. Add strained berries. Beat on low speed until combined. Coarsely chop ½ cup fresh blackberries. Gently fold into butter mixture. Continue as directed in Step 2.

PER 1 TABLESPOON: 120 cal., 12 g fat (7 g sat. fat), 30 mg chol., 101 mg sodium, 5 g carb., 0 g fiber, 0 g pro.

FREEZING VEGETABLES

Wash fresh vegetables with cool, clear tap water; scrub firm vegetables with a clean produce brush to remove any dirt.

ASPARAGUS

PREPARATION: Allow 2½ to 4½ pounds per quart. Wash; scrape off scales. Break off woody bases where spears snap easily; wash again. Sort by thickness. Leave whole or cut into 1-inch lengths.

FREEZING: Blanch small spears for 2 minutes, medium for 3 minutes, and large for 4 minutes. Cool quickly by plunging into ice water; drain. Fill containers; shake down, leaving no headspace.

BEANS: GREEN, ITALIAN, SNAP, OR WAX

PREPARATION: Allow 1½ to 2½ pounds per quart. Wash; remove ends and strings. Leave whole or cut into 1-inch pieces.

FREEZING: Blanch for 3 minutes. Cool quickly by plunging into ice water; drain. Fill containers; shake down, leaving a ½-inch headspace.*

BEETS

PREPARATION: Allow 3 pounds (without tops) per quart. Trim off beet tops, leaving 1 inch of stem and roots, to reduce bleeding of color. Scrub well.

FREEZING: Cook unpeeled beets in boiling water until tender. (Allow 25 to 30 minutes for small beets; 45 to 50 minutes for medium beets.) Cool quickly by plunging into ice water; drain. Peel; remove stem and roots. Cut into slices or cubes. Fill containers, leaving a ½-inch headspace.*

CARROTS

PREPARATION: Use 1- to 1¼-inch-diameter carrots (larger carrots might be too fibrous). Allow 2 to 3 pounds per quart. Wash, trim, peel, and rinse again. Leave tiny ones whole; slice or dice the remainder.

FREEZING: Blanch tiny whole carrots for 5 minutes and cut-up carrots for 2 minutes. Cool quickly by plunging into ice water; drain. Pack tightly into containers, leaving a ½-inch headspace.*

CORN, WHOLE KERNEL

PREPARATION: Allow 4 to 5 pounds per quart. Remove husks. Scrub with a vegetable brush to remove silks. Wash and drain.

FREEZING: Cover ears with boiling water; return to boiling and boil 4 minutes. Cool by plunging into ice water; drain. Cut corn from cobs at two-thirds depth of kernels; do not scrape. Fill containers, leaving a ½-inch headspace.*

PEAS: ENGLISH OR GREEN

PREPARATION: Allow 2 to 2½ pounds per pint. Wash, shell, rinse, and drain.

FREEZING: Blanch 1½ minutes. Cool quickly by plunging into ice water; drain. Fill containers; shake down, leaving a ½-inch headspace.*

PEPPERS, CHILE

PREPARATION: Select firm jalapeño or other chile peppers; wash. Halve large peppers. Remove stems, seeds, and membranes (see tip). Place, cut sides down, on a foil-lined baking sheet. Roast in a 425°F oven for 20 to 25 minutes or until skins are bubbly and brown. Cover peppers or wrap in foil and let stand about 15 minutes or until cool. Pull skins off gently and slowly, using a paring knife.

FREEZING: Package in freezer containers, leaving no headspace.

PEPPERS, SWEET

PREPARATION: Select firm green, bright red, orange, or yellow peppers; wash. Remove stems, seeds, and membranes. Place, cut sides down, on a foil-lined baking sheet. Roast in a 425°F oven for 20 to 25 minutes or until skins are bubbly and brown. Cover peppers or wrap in foil and let stand about 15 minutes or until cool. Pull the skins off gently and slowly, using a paring knife.

FREEZING: Quarter large pepper pieces or cut into strips. Fill containers, leaving a ½-inch headspace.* Or spread peppers in a single layer on a baking sheet; freeze until firm. Fill containers; shake to pack closely, leaving no headspace.

***Headspace provides room for food to expand as it freezes. When using unsweetened (dry) pack, leave a ½-inch headspace unless**

otherwise directed. When using water, sugar, or syrup pack, leave a ½-inch headspace for pints and a 1-inch headspace for quarts.

FREEZING FRUITS

Read The Basics of Freezing. Wash fresh fruits with cool, clear tap water but do not soak them; drain. Follow preparation directions, below. If you choose to freeze fruits with syrup, select the syrup that best suits the fruit and your taste. See Syrup Pack for directions on making syrups. Allow ½ to ⅔ cup syrup for each 2 cups fruit.

APPLES, PEARS

PREPARATION: Allow 2 to 3 pounds per quart. For apples, select varieties that are crisp, not mealy, in texture. Peel and core; halve, quarter, or slice. Dip into ascorbic acid color keeper solution; drain.

FREEZING: Use a syrup, sugar, or unsweetened pack (see Packing Methods), leaving the recommended headspace.*

APRICOTS, NECTARINES, PEACHES

PREPARATION: Allow 2 to 3 pounds per quart. To peel peaches (peeling nectarines and apricots is not necessary), immerse in boiling water for 30 to 60 seconds or until skins start to split; remove and plunge into cold water. Halve and pit. If desired, slice. Treat with ascorbic acid color keeper solution; drain.

FREEZING: Use a syrup, sugar, or water pack (see Packing Methods), leaving the recommended headspace.*

BERRIES

PREPARATION: Allow 1 to 3 pounds per quart. Can or freeze blackberries, blueberries, currants, elderberries, gooseberries, huckleberries, loganberries, and mulberries. Freeze (do not can) boysenberries, raspberries, and strawberries.

FREEZING: Slice strawberries if desired. Freeze boysenberries and raspberries whole. Use a syrup, sugar, or unsweetened pack (see Packing Methods), leaving the recommended headspace.*

CHERRIES

PREPARATION: Allow 2 to 3 pounds per quart. If desired, treat with ascorbic acid color keeper solution; drain. If unpitted, prick skin on opposite sides to prevent splitting.

FREEZING: Use a syrup, sugar, or unsweetened pack (see Packing Methods), leaving the recommended headspace.*

MELONS

PREPARATION: Allow about 4 pounds per quart for cantaloupe, honeydew, and watermelon. Peel and cut into ½-inch cubes or balls.

FREEZING: Use a syrup or unsweetened pack (see Packing Methods), leaving the recommended headspace.*

PLUMS

PREPARATION: Allow 1 to 2 pounds per quart. Prick skin on two sides. Freestone varieties may be halved and pitted.

FREEZING: Halve and pit. Treat with ascorbic acid color keeper solution; drain well. Use a syrup pack (see Packing Methods), leaving the recommended headspace.*

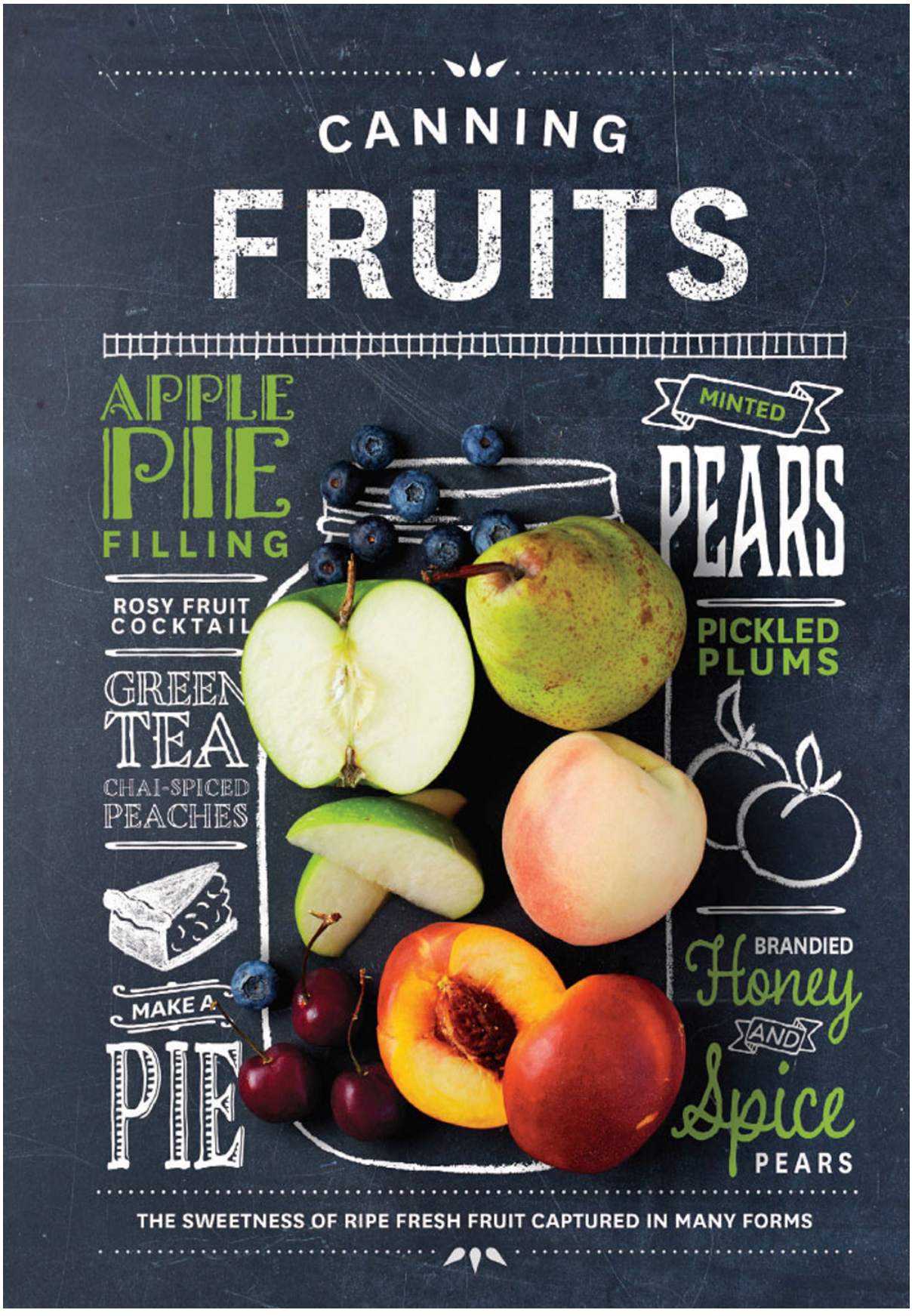
RHUBARB

PREPARATION: Allow 1½ pounds per quart. Discard leaves and woody ends. Cut into ½- to 1-inch pieces. Freeze for best quality.

FREEZING: Blanch for 1 minute; cool quickly and drain. Use a syrup or unsweetened pack (see Packing Methods) or use a sugar pack of ½ cup sugar to each 3 cups fruit, leaving the recommended headspace.*

***Headspace provides room for food to expand as it freezes. When freezing an unsweetened (dry) pack, leave a ½-inch headspace unless otherwise directed. When freezing a sugar, sugar syrup, or water pack, leave a ½-inch headspace for pints and a 1-inch headspace for quarts.**

CANNING FRUITS



THE SWEETNESS OF RIPE FRESH FRUIT CAPTURED IN MANY FORMS

APPLES AND PEARS

Applesauce
Black Pepper-Rosemary Apples
Brandied Honey-and-Spice Pears
Calvados-Cranberry Applesauce
Ginger-Honey Applesauce
Maple Applesauce
Minted Pears
Spiced Apple Rings
Spicy Ginger-Red Hot Pears

BERRIES

Five-Spice Blackberries
Honey-Bourbon Pickled Blueberries

Black Forest Five-Spice Martini

DESSERTS

Rhubarb-Strawberry Crisp
Streusel-Topped Caramel-Ginger Pear Pie
Sweet Cherry Cobbler
Vanilla-Blueberry Mini Pies

FILLINGS

Apple Pie Filling
Caramel-Ginger Pear Pie Filling
Rhubarb-Strawberry Crisp Filling
Sweet Cherry Cobbler Filling
Vanilla-Blueberry Pie Filling

FRUIT COCKTAIL

Cinnamon-Spiced Fruit Cocktail
Rosy Fruit Cocktail

Pickled Pineapple with Candied Ginger

Preserved Orange Slices

STONE FRUIT

Balsamic Pickled Apricots
Five-Spice Cherries
Green Tea Chai-Spiced Peaches
Honey-Lavender Peaches
Pickled Plums
Port and Cinnamon Plums
Spiced Peaches
Sugar and Spice Nectarines
Vanilla-Scented Pickled Sweet Cherries

TIPS AND TECHNIQUES

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pears, preparing

pears, varieties
pineapple, preparing
plums, about
prepping fruit
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THE BASICS OF

CANNING FRUITS

CAPTURE THE FRESHNESS OF APPLES, PEACHES, AND BERRIES AND SAVOR THEIR NATURAL SWEETNESS YEAR-ROUND. BECAUSE FRUITS ARE HIGH-ACID FOODS, THEY ARE EASY TO CAN WITH A BOILING-WATER CANNER.

PREPPING FRUIT

Always start with perfectly ripe, unblemished fruit without bruises or cuts. Wash the fruit in cool tap water. Remember, some fruits such as berries are fragile, so handle gently. Never soak the fruit; soaking may cause the loss of nutrients as well as flavor.

KEEP THE COLOR

Once peeled or cut, many fruits will darken or discolor. To prevent fruits such as apples and pears from discoloring, treat them with ascorbic acid color keeper. Look for it in the produce section or with the canning supplies in the supermarket. To use the ascorbic acid color keeper, follow package directions.

You also can treat fruit with lemon-water. Place fruit in a solution of ¾ cup lemon juice and 1 gallon water. Drain the fruit before continuing.

SUGAR OR NO SUGAR

Fruits can be canned with or without sugar. Sugar helps fruits to hold their shape, color, and flavor, but you can safely can them without sugar. Sugar may be mixed directly with the fruit or

added as a syrup made by boiling sugar and water. The concentration of sugar can vary from very light to heavy. If you choose to can fruits with a syrup, select the syrup that best suits the fruit and your taste. Generally, heavier syrups are used with sour fruits and lighter syrups are recommended for mild fruits. See Canning Basics for more information about syrups. Fruit juice can be heated and used as the liquid for canning and will provide sweetness. Avoid adding artificial sweeteners because the high heat required for processing imparts a bitter flavor.

RAW-PACK OR HOT-PACK METHOD

Many fruits can be canned using either the raw-pack or hot-pack method. Others such as apples and pears require the hot-pack method.

The raw-pack method is fast and easy and helps preserve the texture of delicate fruit. Uncooked fruit is packed firmly into jars and boiling syrup juice or water is poured over the fruit. The disadvantage to this method is that the food may shrink, causing some pieces to float to the top of the jar.

Apples and pears and other firm fruits must be canned using the hot-pack method. For this method, the fruit is cooked in the syrup or juice and then the fruit and liquid is loaded into the jars. Cooking the fruit first breaks it down more and eliminates air so the food is less likely to spoil and the fruit won't float. Also, more fruit can be packed into a single jar. Refer to the chart for specific directions for individual types of fruit.

RIPENING STONE FRUIT

If the peaches, nectarines, plums, or apricots that you purchase are not quite ripe, place the fruit in a brown paper bag on the counter for a day or two. Be sure to check the fruit daily; it can go from perfectly ripe to overripe quickly.

FRUITS

APPLESAUCE

THIS FAMILY FAVORITE CAN BE FROZEN AS WELL. PREPARE AS DIRECTED THROUGH STEP 2. PLACE POT OF APPLESAUCE IN A SINK FILLED WITH ICE WATER; STIR TO COOL. LADLE INTO WIDE-MOUTH FREEZER CONTAINERS, LEAVING A ½-INCH HEADSPACE. SEAL AND LABEL. FREEZE FOR UP TO 8 MONTHS.

PREP: 1 HOUR **COOK:** 25 MINUTES **PROCESS:** 15 MINUTES
MAKES: 6 PINTS OR 3 QUARTS **PHOTO**

- 8 pounds tart cooking apples (about 24 medium)
- 2 cups water
- 10 inches stick cinnamon (optional)
- ¾ to 1¼ cups sugar

1. Core and quarter apples. In an 8- to 10-quart heavy pot combine apples, the water, and, if desired, cinnamon. Bring to boiling; reduce heat. Simmer, covered, for 25 to 35 minutes or until apples are very tender, stirring often.

2. Remove and discard cinnamon if used. Press apples through a food mill or sieve. Return pulp to pot. Stir in enough of the sugar to sweeten as desired. If necessary, stir in an additional ½ to 1 cup water to make desired consistency. Bring to boiling, stirring constantly.

3. Ladle hot applesauce into hot sterilized pint or quart canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and

screw bands.

4. Process filled jars in a boiling-water canner for 15 minutes for pints or 20 minutes for quarts (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ½ CUP: 80 cal., 0 g fat, 0 mg chol., 1 mg sodium, 21 g carb., 2 g fiber, 0 g pro.

CALVADOS-CRANBERRY APPLESAUCE: Prepare as directed, except stir in 1 cup Calvados (or other apple brandy) and 1 cup dried cranberries or golden raisins with the sugar.

PER ½ CUP: 128 cal., 0 g fat, 0 mg chol., 1 mg sodium, 28 g carb., 2 g fiber, 0 g pro.

GINGER-HONEY APPLESAUCE: Prepare as directed, except substitute honey for the sugar. Stir in 1 cup finely chopped crystallized ginger before ladling into jars.

PER ½ CUP: 112 cal., 0 g fat, 0 mg chol., 5 mg sodium, 30 g carb., 2 g fiber, 0 g pro.

MAPLE APPLESAUCE: Prepare as directed, except substitute pure maple syrup for the sugar.

PER ½ CUP: 82 cal., 0 g fat, 0 mg chol., 1 mg sodium, 22 g carb., 2 g fiber, 0 g pro.

BARGAIN BUSHELS

If you plan on canning a lot of applesauce, it pays to look into what orchards call “seconds,” “culls,” or “drops.” These are small, sometimes oddly shaped or imperfect apples that are perfect for applesauce—and cost up to half of what top-grade apples cost.

FRUITS

APPLE PIE FILLING

IF YOU DON'T HAVE YOUR OWN APPLE TREE, HOME-CANNING A BATCH OF ALL-AMERICAN PIE FILLING CREATES A PERFECT EXCUSE TO SPEND A BEAUTIFUL FALL DAY IN A PICK-YOUR-OWN ORCHARD.

PREP: 1 HOUR 15 MINUTES **PROCESS:** 25 MINUTES **MAKES:** 7 QUARTS
PHOTO

- 1 lemon
- 10 to 12 pounds cooking apples (about 24), peeled
- 5½ cups sugar
- 1½ cups regular Clear Jel
- 1 tablespoon ground cinnamon
- ½ teaspoon ground nutmeg
- ⅛ teaspoon ground cloves
- 5 cups apple juice
- 2½ cups cold water
- ¾ cup bottled lemon juice

1. Fill two large bowls half full with cold water. Squeeze 1 lemon half into water in each bowl. Using an apple slicer, core and cut apples into wedges (or slice by hand into ½- to ¾-inch wedges). As you slice the apples, place slices in the water mixture in bowls to prevent browning.

2. Add enough water to a 6- to 8-quart pot to half full; bring to boiling. Drain apples; measure 24 cups. Add apples, one-fourth

at a time, to the boiling water; cook for 30 seconds per batch. Use a large slotted spoon to transfer apples to a large bowl. Cover bowl to keep apples hot. Discard water; dry pot.

3. In the same pot combine sugar, Clear Jel, cinnamon, nutmeg, and cloves. Stir in apple juice and the 2½ cups cold water. Cook over medium-high heat, stirring constantly, until mixture is thickened and bubbly. Add ¾ cup lemon juice; boil for 1 minute, stirring constantly. Stir in apples (mixture will be thick).

4. Ladle hot apple filling into hot sterilized quart canning jars, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 25 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

TIP: Clear Jel is a starch that can withstand high temperatures necessary for canning. It is available in both a regular and instant form. For canning, be sure to buy the regular Clear Jel. It may be hard to find, so your best bet is to order Clear Jel online.

PER ½ CUP: 175 cal., 0 g fat, 0 mg chol., 2 mg sodium, 45 g carb., 1 g fiber, 0 g pro.

COOKING APPLES

Most apple varieties are good eaten raw, but some are better than others for cooking. Beyond that, certain varieties are best for applesauce, pies, or baked apples. The Washington State University Extension Service recommends the following common varieties for pies: Baldwin, Braeburn, Cortland, Golden Delicious, Granny Smith, Jonagold, Jonathan, Northern Spy, and Winesap.

FRUITS

BLACK PEPPER-ROSEMARY APPLES

DRESS UP A SIMPLE PORK ROAST WITH THESE SAVORY HERBED APPLES.

PREP: 1 HOUR 30 MINUTES **PROCESS:** 20 MINUTES **MAKES:** 6 PINTS
PHOTO

- 1 lemon, halved
- 7 pounds Fuji, Braeburn, or Jonagold apples
- 4 cups water
- 1¼ cups sugar
- 1 teaspoon snipped fresh rosemary
- 1 teaspoon snipped fresh thyme
- 1 teaspoon cracked black pepper
- ½ teaspoon salt
- 1 4-ounce red onion, cut into thin wedges (about 1 cup)

1. Fill two large bowls half full with cold water. Squeeze the juice from one lemon half into each bowl of water. Peel, core, and cut the apples into ¾-inch wedges, placing wedges in the lemon-water as you slice them to prevent browning.

2. For syrup, in a 6- to 8-quart heavy pot combine the 4 cups water, sugar, rosemary, thyme, pepper, and salt. Bring to boiling, stirring to dissolve sugar. Drain apples; add apples and

onion wedges to syrup in pot. Return to boiling; reduce heat. Simmer, uncovered, for 5 minutes, stirring occasionally.

3. Using a slotted spoon, pack the hot apples and onion into hot sterilized pint canning jars, leaving a ½-inch headspace. Ladle hot syrup over apples and onion, maintaining the ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 20 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 56 cal., 0 g fat, 0 mg chol., 27 mg sodium, 15 g carb., 2 g fiber, 0 g pro.

FRUITS

SPICED APPLE RINGS

AN APPLE CORER MAKES QUICK AND EASY WORK OF CORING THE APPLES FOR THESE PRETTY RINGS. IT HELPS KEEP THE CUTOUTS IN THE CENTER OF THE RINGS NEAT AND CONSISTENT TOO.

PREP: 45 MINUTES **COOK:** 15 MINUTES **PROCESS:** 10 MINUTES
MAKES: 7 PINTS

- 8 pounds firm tart apples
- Ascorbic acid color keeper (see Canning Basics)
- 10 3-inch pieces stick cinnamon
- 2 tablespoons whole cloves
- 1 1½-inch piece fresh ginger, sliced (optional)
- 6 cups packed brown sugar
- 6 cups water
- 1 cup cider vinegar

1. Wash, peel, and core 1 apple; cut crosswise into ½-inch rings. Place apple rings in ascorbic acid color-keeper solution as soon as peeled and cut. Repeat with remaining apples.

2. For spice bag, cut an 8-inch square from a double layer of 100-percent-cotton cheesecloth. Place cinnamon sticks, whole cloves, and, if desired, ginger in center of cheesecloth square. Bring up corners and tie with clean kitchen string. Set spice bag aside.

3. In an 8-quart pot combine brown sugar, water, and vinegar. Heat to boiling, stirring constantly. Reduce heat; add spice bag. Simmer, covered, for 10 minutes.

4. Drain apple slices; add to hot liquid. Return to boiling; reduce heat. Simmer, covered, about 5 minutes or until apples are tender, stirring occasionally. Discard spice bag.

5. Using a slotted spoon, pack apple rings into hot sterilized pint canning jars, leaving a ½-inch headspace. Add hot liquid to jars, maintaining the ½-inch headspace. Wipe jar rims: adjust lids and screw bands.

6. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 103 cal., 0 g fat, 0 mg chol., 7 mg sodium, 27 g carb., 1 g fiber, 0 g pro.

FRUITS

SPICY GINGER-RED HOT PEARS

THE SECRET INGREDIENT IN THESE WHIMSICAL PEAR WEDGES IS TINY ROUND RED CINNAMON CANDIES. THE CANDIES DISSOLVE AS THE PEARS SIT, CREATING A PRETTY ORANGE-PINK SYRUP.

PREP: 20 MINUTES **PROCESS:** 20 MINUTES **MAKES:** 6 PINTS

- 6 pounds firm, ripe pears
- Ascorbic acid color keeper (see Canning Basics)
- 4½ cups water
- 2 cups sugar
- 6 cinnamon sticks
- 6 tablespoons chopped fresh ginger
- 12 teaspoons red cinnamon candies

1. Peel, halve, core, and cut pears into wedges, placing wedges in an ascorbic acid color keeper solution as you slice them to prevent browning.

2. For syrup, in a 6- to 8-quart heavy pot combine the water and sugar. Cook and stir over medium heat until sugar is dissolved. Drain pears; add pears to syrup in pot. Return to boiling; reduce heat. Simmer, uncovered, about 4 minutes or until pears are nearly tender, stirring occasionally.

3. Place 1 cinnamon stick, 1 tablespoon ginger, and 2 teaspoons cinnamon candies in each of six hot sterilized pint canning jars. Ladle hot pears and syrup into jars with spices, leaving a ½-inch

headspace (there will be syrup left over). Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 20 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ½ CUP: 122 cal., 0 g fat, 0 mg chol., 3 mg sodium, 32 g carb., 3 g fiber, 0 g pro.

PREFERRED PEARS

Like apples, certain varieties of pears work best for cooking and canning. Those include Bosc (brown skin, elongated neck, firm and crisp flesh); Bartlett (plump shape in red, yellow, or green skin, with juicy, soft flesh); Anjou (short and squat, juicy and firm flesh); and Comice (red or green skin, with sweet, creamy texture and juicy flesh).

FRUITS

BRANDIED HONEY-AND-SPICE PEARS

CRYSTALLIZED GINGER ADDS SWEETNESS AND A BIT OF HEAT TO THESE ELEGANT PEARS. LOOK FOR CRYSTALLIZED GINGER IN THE BAKING AISLE OF YOUR SUPERMARKET.

PREP: 35 MINUTES **COOK:** 5 MINUTES **PROCESS:** 20 MINUTES
MAKES: 6 PINTS **PHOTO**

- 6 pounds firm ripe pears (about 15 pears)
- Ascorbic acid color keeper (see Canning Basics)
- 4 cups cranberry juice, apple juice, or apple cider
- 1½ cups honey
- ½ cup bottled lemon juice
- 3 tablespoons finely chopped crystallized ginger
- 8 inches stick cinnamon, broken into 2-inch pieces
- ½ teaspoon whole cloves
- ¼ cup brandy

1. Peel, halve, and core pears. To prevent discoloration, place pear halves in ascorbic acid color keeper solution as soon as they are peeled and cut. Set aside.

2. For syrup, in a 6- to 8-quart heavy pot combine cranberry juice, honey, lemon juice, crystallized ginger, stick cinnamon, and whole cloves. Bring to boiling, stirring constantly; reduce heat.

3. Drain pear halves; add to syrup in pot. Stir in brandy. Return to boiling; reduce heat. Simmer, uncovered, about 5 minutes or until pears are almost tender, stirring occasionally.

4. Using a slotted spoon, pack hot pear halves into hot sterilized pint canning jars, leaving a ½-inch headspace. Ladle hot syrup over pears, maintaining the ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 20 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 2 PEAR HALVES: 262 cal., 0 g fat, 0 mg chol., 5 mg sodium, 67 g carb., 6 g fiber, 1 g pro.

FRUITS

CARAMEL-GINGER PEAR PIE FILLING

TO GIVE THIS FILLING BEAUTIFUL VANILLA BEAN SPECKLES, SUBSTITUTE 2 TEASPOONS OF VANILLA BEAN PASTE FOR THE VANILLA EXTRACT.

PREP: 1 HOUR **PROCESS:** 25 MINUTES **MAKES:** 7 QUARTS

- 1 lemon, halved
- 12 to 13 pounds pears
- ½ cup golden raisins
- 3 cups packed brown sugar
- 2½ cups granulated sugar
- 1½ cups regular Clear Jel
- 1 tablespoon finely chopped crystallized ginger
- 1 teaspoon sea salt
- 1 teaspoon ground ginger
- ¼ teaspoon ground cinnamon
- 2¾ cups water
- 3 11- to 12-ounce cans pear nectar
- ¾ cup bottled lemon juice
- 2 teaspoons vanilla

1. Fill two large bowls half full with cold water. Squeeze the juice from one lemon half into each bowl of water. Peel, core, and cut pears into ½- to ¾-inch wedges, placing wedges in the lemon water as you slice them to prevent browning.

2. In a 6- to 8-quart heavy pot bring a large amount of water to boiling. Drain pears; measure 24 cups. Add pears, 6 cups at a time, to the boiling water and cook for 30 seconds. Using a slotted spoon, transfer pears to a large bowl. Stir in raisins. Cover pear mixture to keep hot. Drain and discard water from pot.

3. In the same pot combine brown sugar, granulated sugar, Clear Jel, crystallized ginger, salt, ground ginger, and cinnamon. Stir in the 2¾ cups water and the pear nectar. Cook over medium-high heat until thickened and bubbly, stirring constantly. Stir in the ¾ cup lemon juice. Boil for 1 minute, stirring constantly. Stir in pear mixture and vanilla.

4. Pack hot pear filling into hot sterilized quart canning jars, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 25 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

TIP: Clear Jel is a starch that can withstand high temperatures necessary for canning. It is available in both a regular and instant form. For canning, be sure to buy the regular Clear Jel. It may be hard to find, so your best bet is to order Clear Jel online.

PER ½ CUP: 174 cal., 0 g fat, 0 mg chol., 43 mg sodium, 44 g carb., 3 g fiber, 0 g pro.

STREUSEL-TOPPED CARAMEL-GINGER PEAR PIE: Prepare a 9-inch baked pastry shell. Pour 1 quart of the Caramel-Ginger Pear Pie Filling into the prepared pastry shell; set aside. Preheat oven to 375°F. For topping, in a medium bowl combine ⅔ cup

rolled oats, ⅔ cup all-purpose flour, ½ cup packed brown sugar, ¼ teaspoon salt, and ¼ teaspoon ground cinnamon. Using a pastry blender, cut in 6 tablespoons butter until mixture resembles coarse crumbs. Sprinkle topping over filling. Cover edge of pie loosely with foil. Bake for 45 minutes. Remove foil. Bake for 10 to 15 minutes more or until filling is bubbly and topping is golden. Cool on a wire rack. Makes 8 servings.

PER SERVING: 482 cal., 17 g fat (8 g sat. fat), 23 mg chol., 308 mg sodium, 82 g carb., 4 g fiber, 3 g pro.

FRUITS

MINTED PEARS

THESE REFRESHING PEARS MAKE A LOVELY LIGHT DESSERT. SERVE UNADORNED OR TOPPED WITH A LITTLE WHIPPED CREAM, VANILLA YOGURT, OR A SMALL SCOOP OF VANILLA ICE CREAM.

PREP: 45 MINUTES **COOK:** 5 MINUTES **PROCESS:** 20 MINUTES
MAKES: 7 PINTS

- 1 cup lightly packed fresh mint leaves
- 1 cup water
- 5⅔ cups water
- ¾ cup sugar
- 7 pounds pears (15 to 20)
- Ascorbic acid color keeper (see Canning Basics)

1. In a small saucepan mash the mint leaves with the back of a spoon. Stir in the 1 cup water; heat to boiling. Remove from heat; let stand for 10 minutes. Strain liquid through a fine-mesh sieve, pressing on leaves with the back of a spoon; discard leaves. Set mint-flavored water aside.

2. For syrup, in a 4- to 6-quart pot combine the 5⅔ cups water and sugar. Cook and stir until sugar dissolves. Add the mint-flavored water. Keep syrup hot, but do not boil.

3. Wash, peel, core, and halve or quarter pears; place pear halves or quarters in ascorbic acid color keeper solution as they

are peeled and cut. Drain pears; add to syrup. Heat to boiling. Cover and boil gently for 5 minutes.

4. Using a slotted spoon, pack hot pears into hot sterilized pint canning jars, leaving a ½-inch headspace. Cover with the hot syrup, maintaining the ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 20 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 2 PEAR HALVES: 163 cal., 1 g fat (0 g sat. fat), 0 mg chol., 3 mg sodium, 42 g carb., 4 g fiber, 1 g pro.

PREPPING PEARS

Pears are so pretty halved or quartered and packed into jars. To get pears ready for canning, peel with a vegetable peeler and use a melon baller to neatly scoop out the core and seeds.

FRUITS

HONEY-LAVENDER PEACHES

THE SIGNIFICANT AMOUNT OF HONEY IN THESE LAVENDER-INFUSED PEACHES MEANS THAT THE VARIETY YOU USE WILL HAVE AN IMPACT ON THE FLAVOR. HONEYS SOURCED FROM CLOVER, ORANGE BLOSSOMS, AND SAGE ARE ALL GOOD CHOICES. BUCKWHEAT HONEY IS VERY STRONG—SAVE IT FOR BARBECUE SAUCES AND BAKED GOODS.

PREP: 1 HOUR **PROCESS:** 25 MINUTES **MAKES:** 8 QUARTS OR 12 PINTS

PHOTO

- 14 to 15 pounds ripe peaches
- 4 cups water
- 1¾ cups honey
- ⅔ cup Riesling or other sweet white wine
- 1 tablespoon dried lavender buds
- ½ teaspoon salt
- 1 lemon

1. Bring a large pot of water to boiling. Working in batches, carefully lower peaches into boiling water for 30 to 60 seconds or until skins start to split. Using a slotted spoon, transfer peaches to a large bowl of ice water. When cool enough to handle, remove peaches from ice water. Using a small sharp knife, peel skins off peaches. Cut peaches in half lengthwise; remove and discard pits (if using pint jars, quarter and pit peaches).

2. For syrup, in a large pot combine the 4 cups water, honey, wine, lavender buds, and salt. Cook and stir over medium heat until honey is dissolved.

3. Using a vegetable peeler, cut 2- to 3-inch strips of peel from lemon, scraping off any white portions with a paring knife. Reserve the lemon for another use.

4. Pack peaches, cut sides down, and lemon peel into hot sterilized quart or pint canning jars, leaving a ½-inch headspace. Ladle the hot syrup over the peaches, distributing lavender buds evenly among jars and maintaining the½-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 25 minutes for quarts, 20 minutes for pints (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 PEACH: 77 cal., 0 g fat, 0 mg chol., 22 mg sodium, 19 g carb., 2 g fiber, 1 g pro.

FRUITS

SPICED PEACHES

SERVE THESE SIMPLE SPICED PEACHES OVER BUTTER PECAN ICE CREAM—OR WITH A WEDGE OF SHARP WHITE CHEDDAR CHEESE.

PREP: 40 MINUTES **COOL:** 30 MINUTES **PROCESS:** 25 MINUTES
MAKES: 5 QUARTS

- 5¼ cups water
- 2¼ cups sugar
- 12 whole cloves
- 2 3- to 4-inch cinnamon sticks
- 8 to 10 pounds ripe peaches
- Ascorbic acid color keeper (see Canning Basics)

1. For syrup, in a 4- to 6-quart heavy pot combine the 5¼ cups water, the sugar, cloves, and cinnamon sticks. Bring to boiling, stirring until sugar dissolves; reduce heat. Simmer, uncovered, for 5 minutes, stirring occasionally. Cool for 30 minutes. Using a slotted spoon, remove and discard cinnamon sticks. If desired, remove cloves from syrup. Set syrup aside.

2. Bring a large saucepan of water to boiling. Fill a large bowl with ice water. Carefully lower two or three peaches into boiling water for 30 to 60 seconds. Using a slotted spoon, transfer peaches from boiling water to ice water. When peaches are cool enough to handle, remove and discard skins. Repeat with remaining peaches.

3. Cut peaches in half. Remove and discard pits. Slice peaches. To prevent discoloration, place peach slices in ascorbic acid color keeper solution as soon as they are sliced. Pack peach slices into hot sterilized quart canning jars, leaving a ½-inch headspace.

4. Return syrup to boiling. Ladle hot syrup into jars, covering peaches and maintaining the ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 25 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¾ CUP: 127 cal., 0 g fat, 0 mg chol., 1 mg sodium, 32 g carb., 2 g fiber, 1 g pro.

FRUITS

GREEN TEA CHAI-SPICED PEACHES

WHOLE SPICES SUCH AS CINNAMON STICK, CARDAMOM PODS, CLOVES, AND BLACK PEPPERCORNS—PLUS FRESH GINGER—GIVE THE DELICATE GREEN TEA SYRUP A POWERFUL PUNCH.

PREP: 1 HOUR **PROCESS:** 25 MINUTES **MAKES:** 8 QUARTS OR 12 PINTS

- 14 to 15 pounds ripe peaches
- 4½ cups water
- 1⅓ cups granulated sugar
- ½ cup packed brown sugar
- 1 3-inch piece fresh ginger, peeled and thinly sliced
- 3 inches stick cinnamon
- 10 green cardamom pods
- 10 whole cloves
- 10 whole black peppercorns
- 1 tablespoon loose green tea leaves

1. Bring a large saucepan of water to boiling. Working in batches, carefully lower peaches into boiling water for 30 to 60 seconds or until skins start to split. Using a slotted spoon, transfer peaches to a large bowl of ice water. When cool enough to handle, remove peaches from ice water. Using a small sharp knife, peel skin off peaches. Cut peaches in half lengthwise;

remove and discard pits (if using pint jars, quarter and pit peaches).

2. For syrup, in a large heavy pot combine the 4½ cups water, the granulated sugar, brown sugar, ginger, cinnamon, cardamom pods, cloves, and peppercorns. Cook and stir over medium heat until sugars dissolve. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes. Remove from heat. Stir in green tea. Cover and let steep for 5 minutes. Strain syrup, discarding solids.

3. Pack peaches, cut sides down, into hot sterilized quart or pint canning jars, leaving a ½-inch headspace. Ladle hot syrup over peaches, maintaining the ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 25 minutes for quarts or 20 minutes for pints (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 2 PEACH HALVES: 69 cal., 0 g fat, 0 mg chol., 1 mg sodium, 17 g carb., 2 g fiber, 1 g pro.

IT'S THE PITS

Peaches are designated as clingstone (the sweetest and juiciest type), freestone, or semi-freestone. As you might expect, the flesh clings to the pit in a clingstone peach; it falls right off of the pit in a freestone peach; and it falls off the pit only when a peach is fully ripe in a semi-freestone peach. If you are removing the pit before canning, look for freestone peaches.

FRUITS

SUGAR AND SPICE NECTARINES

JUICY NECTARINES ARE SUSPENDED IN A RICH, SWEETLY SPICED SAUCE. THEY'RE TERRIFIC ON TOP OF CRISP AND CUSTARDY FRENCH TOAST.

PREP: 45 MINUTES **PROCESS:** 15 MINUTES **MAKES:** 9 HALF-PINTS

- ¾ cup water
- ¾ cup packed brown sugar
- 4 pounds ripe nectarines, peeled (if desired), pitted, and each cut into 8 wedges
- ½ cup water
- 2 tablespoons bottled lemon juice
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves

1. In a 4- to 5-quart heavy pot combine water and brown sugar; bring to boiling over medium heat, stirring to dissolve sugar. Boil gently, uncovered, for 3 to 5 minutes or until syrupy, stirring occasionally. Add nectarine wedges to brown sugar mixture, stirring to coat. Cook and stir about 4 minutes or just until nectarines begin to soften, gently stirring occasionally. Stir in the lemon juice, cinnamon, nutmeg, and cloves. Bring to boiling; boil for 1 minute. Remove from heat.

2. Ladle hot nectarines and syrup into hot sterilized half-pint canning jars,* evenly distributing nectarines and syrup and

leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

***TIP:** When canning large pieces of fruit, such as the nectarine wedges in this recipes, use wide-mouth jars. The wider opening makes the jars easier to fill.

PER ¼ CUP: 49 cal., 0 g fat, 0 mg chol., 0 mg sodium, 12 g carb., 1 g fiber, 1 g pro.

PEELING NECTARINES

Because nectarines don't have fuzzy skin like peaches do, you can decide whether or not to peel them before canning. If you do want to peel them, use a vegetable peeler—not the boiling-water and blanching method described in the recipe for Honey-Lavender Peaches.

FRUITS

PICKLED PLUMS

THIS LIP-PUCKERING BLEND OF SPICED PLUMS AND RED ONIONS MAKES A LOVELY ACCOMPANIMENT TO ROASTED OR GRILLED PORK.

PREP: 35 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 5 PINTS **PHOTO**

- 3½ pounds medium red, purple, and/or green plums (about 14)
- 2 medium red onions
- 2 cups water
- 2 cups red wine vinegar
- 2½ cups sugar
- 2 3- to 4-inch cinnamon sticks
- 8 whole allspice
- 4 whole cloves
- 2 star anise
- ½ teaspoon salt

1. Wash plums. Cut plums in half; pit. Remove root and stem ends from onions. Cut onions in half lengthwise; cut into ½-inch slices. Pack plum halves and onion slices into hot sterilized pint canning jars.

2. In a large stainless-steel, enamel, or nonstick heavy saucepan combine the water and vinegar. Bring to boiling. Add sugar, cinnamon, allspice, cloves, star anise, and salt. Return to boiling, stirring until sugar dissolves. Remove from heat.

3. Pour the hot liquid over plums and onions in jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ½ CUP: 239 cal., 0 g fat, 0 mg chol., 102 mg sodium, 59 g carb., 2 g fiber, 1 g pro.

FRUITS

BALSAMIC PICKLED APRICOTS

PLUMS CAN BE GIVEN THE SAME TREATMENT AS THE APRICOTS IN THIS RECIPE. PREPARE AS DIRECTED, BUT SUBSTITUTE DARK BALSAMIC VINEGAR FOR THE WHITE BALSAMIC VINEGAR—AND DON'T PEEL THE PLUMS.

PREP: 35 MINUTES **STAND:** 30 MINUTES **PROCESS:** 10 MINUTES
MAKES: 5 HALF-PINTS

- 1 cup white balsamic vinegar
- ½ cup sweet vermouth
- ½ cup honey
- ½ cup water
- 2 3-inch sticks cinnamon, broken
- 6 whole cloves
- 2 pounds ripe apricots

1. For syrup, in a medium stainless-steel, enamel, or nonstick heavy saucepan combine vinegar, vermouth, honey, the water, cinnamon, and cloves. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Remove from heat; let stand for 30 minutes. Remove and discard cinnamon and cloves.

2. Bring a large saucepan of water to boiling. Fill a large bowl with ice water. Carefully lower apricots into boiling water for 30 to 60 seconds. Using a slotted spoon, transfer apricots from

boiling water to ice water. When apricots are cool enough to handle, remove skins.

3. Cut each apricot in half and remove the pit. Cut each half in half to make apricot quarters. Pack apricots into hot sterilized half-pint canning jars, leaving a ½-inch headspace.

4. Return syrup to boiling. Pour hot syrup over apricots to cover, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 67 cal., 0 g fat, 0 mg chol., 4 mg sodium, 15 g carb., 1 g fiber, 1 g pro.

FRUITS

PORT AND CINNAMON PLUMS

IT'S IMPORTANT TO REMOVE ALL OF THE PITH—THE WHITE COATING UNDERNEATH THE ORANGE PEEL—TO KEEP IT FROM INFUSING THE PLUMS WITH A BITTER FLAVOR.

PREP: 25 MINUTES **PROCESS:** 20 MINUTES **MAKES:** 7 PINTS

- 4 to 4½ pounds plums
- 1 orange
- 4 cups water
- 2⅓ cups sugar
- ¾ cup ruby port
- ¼ teaspoon salt
- 7 3-inch cinnamon sticks

1. Quarter and pit plums. Using a vegetable peeler, cut 2- to 3-inch strips of peel from orange, scraping off any white portions with a paring knife. Squeeze juice from orange; measure ⅓ cup juice.

2. For syrup, in a large saucepan combine the orange juice, the water, sugar, port, and salt. Bring to boiling, stirring to dissolve sugar.

3. Pack plums, orange peel, and cinnamon sticks into hot sterilized pint canning jars, leaving a ½-inch headspace. Ladle hot syrup over plums, maintaining the ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 20 minutes (begin timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ½ CUP: 125 cal., 0 g fat, 0 mg chol., 26 mg sodium, 30 g carb., 1 g fiber, 1 g pro.

PLUM PERFECT

Plums are divided into two broad categories—Japanese plums and European plums. Japanese varieties tend to be larger, with softer, juicier flesh. European plums are especially good for cooking. Plums come in a wide variety of sizes, shapes, and colors, including deep purple and shades of red and pink, blue, and golden yellow. If plums are not ripe when you bring them home, let them sit at room temperature for several days until the flesh gives slightly when pressed. The dusty silver coating on some plums is completely natural and does not indicate poor quality.

FRUITS

SWEET CHERRY COBBLER FILLING

IN THE MIDDLE OF WINTER, THIS WARMING DESSERT IS A WELCOME TASTE OF SUMMER.

PREP: 1 HOUR 30 MINUTES **PROCESS:** 30 MINUTES **MAKES:** 5 QUARTS
PHOTO

- 5 quarts fresh sweet cherries (about 6½ pounds)
- 6 cups sugar
- 1½ cups Clear Jel
- 1 tablespoon ground cinnamon
- 4 cups cold water
- 4 cups cranberry juice
- ½ cup bottled lemon juice
- 2 tablespoons finely shredded lemon peel

1. Rinse and pit the cherries. Place 6 cups cherries at a time in 1 gallon of boiling water. Boil each batch for 1 minute after water returns to boiling. Remove with a slotted spoon to a large bowl; cover to keep warm while blanching remaining fruit.

2. In an 8-quart pot combine the sugar, Clear Jel, and cinnamon. Stir in the water and cranberry juice. Cook and stir over medium heat until mixture thickens and bubbles. Add lemon juice and lemon peel. Boil 1 minute more, stirring constantly. Immediately fold in the cherries.

3. Pack hot cherry mixture into hot sterilized quart canning jars, leaving a 1¼-inch headspace. Wipe jar rims; adjust lids and

screw bands.

4. Process jars in a boiling-water canner for 30 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

TIP: Clear Jel is a starch that can withstand high temperatures necessary for canning. It is available in both a regular and instant form. For canning, be sure to buy the regular Clear Jel. It may be hard to find, so your best bet is to order Clear Jel online.

PER ½ CUP: 191 cal., 0 g fat, 0 mg chol., 12 mg sodium, 49 g carb., 2 g fiber, 1 g pro.

SWEET CHERRY COBBLER: Preheat oven to 400°F. Empty contents of one jar into a large saucepan; heat filling just until bubbly. Cover to keep warm. In a medium bowl stir together 1 cup all-purpose flour, 2 tablespoons sugar, 1½ teaspoons baking powder, and ¼ teaspoon salt. Cut in ¼ cup butter until mixture resembles coarse crumbs. In a small bowl stir together 1 egg and ¼ cup milk. Add to flour mixture, stirring just to moisten. Transfer hot filling to a 2-quart square baking dish. Using a spoon, drop dough into six mounds on top of filling. Sprinkle with cinnamon-sugar. Bake for 20 to 25 minutes or until topper is golden. Serve warm. Makes 6 servings.

PER SERVING: 476 cal., 9 g fat (5 g sat. fat), 52 mg chol., 321 mg sodium, 100 g carb., 3 g fiber, 5 g pro.

FRUITS

VANILLA-SCENTED PICKLED SWEET CHERRIES

KIRSCH, OR KIRSCHWASSER, IS A GERMAN BRANDY MADE FROM CHERRIES. SUBTLE AND NOT SWEET, IT IMPARTS JUST THE ESSENCE OF CHERRY FLAVOR—AS WELL AS SOME BITTER ALMOND FLAVOR FROM BEING FERMENTED WITH THE PITS INTACT—TO THESE AROMATIC PICKLED FRUITS.

PREP: 25 MINUTES **STAND:** 8 HOURS + 3 DAYS **COOK:** 15 MINUTES
CHILL: 1 MONTH **MAKES:** 5 HALF-PINTS

- 4 cups fresh sweet cherries
- 2 cups white balsamic vinegar
- 1 cup sugar
- 1 cup water
- 1 vanilla bean, split lengthwise
- 3 inches stick cinnamon
- 2 teaspoons almond extract
- 1 tablespoon kirsch (optional)

1. Sort and wash cherries. If desired, stem and pit cherries. In a large nonmetal bowl combine cherries and vinegar. Cover the bowl and let stand at room temperature for 8 to 12 hours.

2. Drain the vinegar from the cherries into a medium stainless-steel, enamel, or nonstick saucepan. Add sugar, the water, vanilla bean, and cinnamon. Bring to boiling, stirring until sugar

dissolves; reduce heat to low. Simmer, uncovered, for 15 minutes. Remove from heat; let cool.

3. Stir almond extract and, if desired, the kirsch into the cooled vinegar mixture. Pour over cherries. Cover and let stand at room temperature for 3 days.

4. Drain the liquid into a medium stainless-steel, enamel, or nonstick saucepan, discarding vanilla bean pieces and cinnamon stick. Bring to boiling. Remove from heat. Strain liquid; let cool.

5. Meanwhile, pack the cherries into sterilized half-pint jars. Pour liquid over cherries in jars, filling the jars to the brims. Seal with nonreactive lids. Refrigerate for at least 1 month before serving.

PER ¼ CUP: 83 cal., 0 g fat, 0 mg chol., 6 mg sodium, 19 g carb., 1 g fiber, 0 g pro.

FRUITS

FIVE-SPICE CHERRIES

SPOON THESE CHERRIES AND SYRUP OVER ICE CREAM OR USE THEM BETWEEN CHOCOLATE CAKE LAYERS TO MAKE A BLACK FOREST CAKE. FOR A BROWNIE SUNDAE, CUT BROWNIES INTO 1-INCH PIECES, THEN LAYER WITH THE CHERRIES AND WHIPPED CREAM AND DRIZZLE WITH THE SYRUP.

PREP: 45 MINUTES **PROCESS:** 20 MINUTES **MAKES:** 7 PINTS

- 3 to 5 pounds fresh sweet cherries
- 1 large lime
- 5 cups water
- 3⅓ cups sugar
- 7 3-inch cinnamon sticks
- 7 whole star anise
- 1¾ teaspoons fennel seeds
- 1¾ teaspoons Szechwan peppercorns
- 21 whole cloves

1. Remove stems and pits from cherries. Using a vegetable peeler, cut 2-inch strips of peel from lime, scraping off any white portions with a paring knife. Squeeze juice from lime; measure ¼ cup juice.

2. For syrup, in a large saucepan combine the ¼ cup lime juice, the water, and sugar. Bring to boiling, stirring to dissolve sugar.

3. Place 1 cinnamon stick, 1 star anise, ¼ teaspoon fennel seeds, ¼ teaspoon peppercorns, and 3 cloves into each of seven hot sterilized pint canning jars. Pack the cherries and lime peel into the jars with the spices, leaving a½-inch headspace. Ladle hot syrup over cherries, maintaining the ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 20 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

5. To serve, pour the contents of each jar through a fine-mesh sieve, reserving syrup if desired. Remove cherries from sieve and add to the syrup. Discard spices.

PER ¼ CUP: 122 cal., 0 g fat, 0 mg chol., 2 mg sodium, 31 g carb., 1 g fiber, 0 g pro.

BLACK FOREST FIVE-SPICE MARTINI

Chill four martini glasses. Drizzle the insides of the glasses with chocolate-flavor syrup. Add 3 of the drained Five-Spice Cherries to each glass; chill until needed. In a small pitcher stir together ¼ cup of the reserved syrup from the cherries, ¾ cup half-and-half or light cream, ¾ cup chocolate liqueur, and ¼ cup vanilla vodka. Pour half of the cream mixture into a cocktail shaker. Add ice cubes; cover and shake until very cold. Strain liquid into two of the prepared glasses. Repeat with remaining cream mixture and additional ice cubes. Makes 4 drinks.

FRUITS

RHUBARB-STRAWBERRY CRISP FILLING

TART RHUBARB AND SWEET STRAWBERRIES ARE A COMPLEMENTARY PAIR—AND THEY HAPPEN TO BE IN SEASON AT THE SAME TIME. SWEET BASIL IMPARTS A MILD, LICORICELIKE FLAVOR TO THIS PRETTY-IN-PINK FILLING FEATURING THE TWO FRUITS.

PREP: 45 MINUTES **PROCESS:** 30 MINUTES **MAKES:** 6 QUARTS **PHOTO**

- 3½ pounds fresh rhubarb
- 2 quarts fresh strawberries
- 6 cups sugar
- 1½ cups regular Clear Jel
- 8 cups cold water
- ½ cup bottled lemon juice
- ½ cup chopped fresh basil

1. Rinse the rhubarb and strawberries. Cut rhubarb into 1-inch pieces. Hull the strawberries and slice about ¼ inch thick; set aside.

2. In a 4-quart pot combine the sugar, Clear Jel, and the water. Cook and stir over medium heat until mixture thickens and bubbles. Add rhubarb and lemon juice. Boil for 1 minute more, stirring constantly. Immediately fold in the strawberries and basil.

3. Pack hot filling into hot sterilized quart canning jars, leaving a 1¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 30 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

TIP: Clear Jel is a starch that can withstand high temperatures necessary for canning. It is available in both a regular and instant form. For canning, be sure to buy the regular Clear Jel. It may be hard to find, so your best bet is to order Clear Jel online.

PER ½ CUP: 170 cal., 0 g fat, 0 mg chol., 12 mg sodium, 43 g carb., 1 g fiber, 1 g pro.

RHUBARB-STRAWBERRY CRISP: Preheat oven to 375°F. Empty contents of one jar into a 2-quart square baking dish; set aside. In a medium bowl combine ½ cup rolled oats, ½ cup packed brown sugar, ¼ cup all-purpose flour, and ¼ teaspoon ground cinnamon. Cut in ¼ cup butter until mixture resembles coarse crumbs. Sprinkle over rhubarb mixture in dish. Bake for 35 to 40 minutes or until filling is bubbly and topper is golden. Serve warm. Makes 9 servings.

PER SERVING: 272 cal., 6 g fat (3 g sat. fat), 14 mg chol., 60 mg sodium, 56 g carb., 2 g fiber, 2 g pro.

CROWN YOUR CRISP

Whether they feature strawberries and rhubarb, apples and/or pears and cranberries, mixed berries, cherries, peaches or nectarines, warm fruit crisps and cobblers are even better served with a touch of something cool and creamy. A scoop of ice cream or frozen yogurt is an obvious choice, but also consider a drizzle of heavy cream or thin vanilla custard or a spoonful of whipped cream, yogurt (Greek or regular, plain or vanilla), sour cream, crème fraîche, or mascarpone cheese.

Rhubarb-Strawberry
Filling 7/31

FRUITS

HONEY-BOURBON PICKLED BLUEBERRIES

A SPOONFUL OF THIS SPIRITED AND SWEETLY SPICED FRUIT PICKLE MAKES A GREAT TOPPING FOR GRILLED PORK CHOPS AND SLICED ROASTED PORK TENDERLOIN.

PREP: 35 MINUTES **STAND:** 8 HOURS **PROCESS:** 10 MINUTES
MAKES: 6 HALF-PINTS

- 3 inches stick cinnamon
- 1 teaspoon whole allspice
- 1¼ cups white wine vinegar
- 8 cups blueberries
- ¼ cup bourbon
- 1¾ cups honey

1. For a spice bag, place cinnamon and allspice in the center of a double layer of 100-percent-cotton cheesecloth. Bring up corners; tie closed with clean kitchen string.

2. In a 4- to 6-quart stainless-steel, enamel, or nonstick heavy pot combine vinegar and spice bag. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes. Add blueberries and bourbon. Cook over medium heat about 8 minutes or just until syrup is heated through, gently shaking the pot (to avoid breaking the berries, do not stir). Remove from heat; cover and let stand at room temperature for 8 to 12 hours.

3. Remove and discard spice bag. Pour the blueberry mixture into a colander set over a large bowl. Let drain, reserving the liquid.

4. Ladle hot blueberries into hot sterilized half-pint canning jars, leaving a ½-inch headspace.

5. For syrup, return the reserved liquid to the pot; stir in honey. Bring to boiling, stirring occasionally. Boil, uncovered, about 5 minutes or until slightly thickened. Ladle hot syrup over blueberries, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands. Discard any remaining syrup.

6. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 112 cal., 0 g fat, 0 mg chol., 2 mg sodium, 27 g carb., 1 g fiber, 0 g pro.

CULTIVATED VS. WILD

There are two types of blueberries. Highbush blueberries are cultivated—planted in long rows and harvested by machine. They are the most common type in supermarkets—large, with a white blush. Lowbush or "wild" blueberries are not planted but rather spread through an underground system of rhizomes. They are managed rather than cultivated. They are small, darker, and have a more intense flavor. They are also more expensive and harder to find. Nearly the entire harvest of wild blueberries is sold frozen. Unless wild blueberries are specified, cultivated berries are assumed.

FRUITS

VANILLA-BLUEBERRY PIE FILLING

FOR FUN, TURN A QUART OF THIS RICHLY FLAVORED BERRY FILLING INTO FOUR INDIVIDUAL PIES.

PREP: 45 MINUTES **PROCESS:** 30 MINUTES **MAKES:** 4 QUARTS

- 16 cups fresh blueberries (4 quarts)
- 2 vanilla beans
- 4 cups sugar
- 1½ cups regular Clear Jel
- ¼ teaspoon salt
- ¼ teaspoon ground cinnamon
- 4¼ cups water
- 1 tablespoon finely shredded lemon peel
- ⅔ cup bottled lemon juice

1. In a 6- to 8-quart heavy pot bring a large amount of water to boiling. Add blueberries, half at a time, to the boiling water; return just to simmering. Using a slotted spoon, transfer berries to an extra-large bowl. Cover berries to keep hot.

2. Split vanilla beans in half lengthwise. Using the tip of a paring knife, scrape out the seeds. In a large saucepan combine vanilla seeds and pods, sugar, Clear Jel, salt, and cinnamon. Stir in the 4¼ cups water. Cook over medium-high heat until mixture begins to boil, stirring constantly. Stir in lemon peel and lemon juice. Boil for 1 minute, stirring constantly. Remove and discard

vanilla pods. Immediately pour mixture over berries, stirring to coat.

3. Pack hot blueberry filling into hot sterilized quart canning jars, leaving a 1¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 30 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

TIP: Clear Jel is a starch that can withstand high temperatures necessary for canning. It is available in both a regular and instant form. For canning, be sure to buy the regular Clear Jel. It may be hard to find, so your best bet is to order Clear Jel online.

PER ½ CUP: 179 cal., 0 g fat, 0 mg chol., 36 mg sodium, 46 g carb., 2 g fiber, 1 g pro.

VANILLA-BLUEBERRY MINI PIES: Preheat oven to 375°F. Using one 14.1-ounce package (2 crusts) rolled refrigerated unbaked piecrust, roll one piecrust into a 13-inch circle; cut into four 6-inch circles. Line four 4-inch individual pie plates with pastry circles. Divide 1 quart of the Vanilla-Blueberry Pie Filling among pastry-lined pie plates; trim pastry even with pie plate rims. Roll the remaining piecrust into a 13-inch circle; cut into four portions. Cut out shapes using small cookie cutters or cut into strips using a knife. Place cut-out pastry circles on filling; trim to½ inch beyond edges and fold top pastry edges under bottom pastry. Or weave strips over filling in a lattice pattern; press strip ends into bottom pastry on rims and fold bottom pastry over strip ends. Seal and crimp edges. Bake for 35 to 40 minutes or

until filling is bubbly and pastry is golden. Serve warm or cool. Makes 4 mini pies.

PER ½ MINI PIE: 399 cal., 13 g fat (5 g sat. fat), 0 mg chol., 240 mg sodium, 71 g carb., 3 g fiber, 2 g pro.

FRUITS

FIVE-SPICE BLACKBERRIES

FOR A QUICK DESSERT, MAKE MINI TRIFLES WITH CUBES OF POUND CAKE, VANILLA PUDDING, AND THESE BLACKBERRIES FLAVORED WITH FIVE-SPICE POWDER—A COMBINATION OF CINNAMON, CLOVES, FENNEL, STAR ANISE, AND SZECHWAN PEPPERCORNS.

PREP: 25 MINUTES **PROCESS:** 15 MINUTES **MAKES:** 7 PINTS **PHOTO**

- 5 cups water
- 1¼ cups sugar
- 1¼ cups honey
- 2 teaspoons five-spice powder
- 12 cups fresh blackberries

1. For syrup, in a medium saucepan combine the water, sugar, honey, and five-spice powder. Heat and stir just until boiling, stirring to dissolve sugar.

2. Wash and drain berries. Pack berries into hot sterilized pint canning jars, leaving a ½-inch headspace. Add syrup to jars, maintaining the ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 51 cal., 0 g fat, 0 mg chol., 1 mg sodium, 12 g carb., 3 g fiber, 1 g pro.

FRUITS

PRESERVED ORANGE SLICES

THESE FLAVOR-PACKED TREATS MAKE A FESTIVE SNACK DURING THE HOLIDAYS.

PREP: 35 MINUTES **COOK:** 1 HOUR 45 MINUTES **PROCESS:** 10 MINUTES
MAKES: 6 HALF-PINTS

- 8 medium seedless oranges
- 4 cups sugar
- 1 cup white vinegar
- ½ cup water
- 6 whole cloves
- 6 whole allspice
- 6 inches stick cinnamon, broken

1. Cut off and discard enough of the top and bottom of each orange to expose the flesh. Cut each orange in half lengthwise; cut crosswise into ¼-inch slices. Place the orange slices in a 4-quart stainless-steel, enamel, or nonstick heavy pot; add enough water to cover orange slices. Bring to boiling over medium-high heat, stirring occasionally. Reduce heat to low. Simmer, covered, about 45 minutes or until the oranges are tender, stirring occasionally. Drain well.

2. Return drained oranges to the pot. Add sugar, vinegar, and the ½ cup water. For a spice bag, cut a 6- to 8-inch square from a double layer of 100-percent-cotton cheesecloth. Place cloves, allspice, and cinnamon sticks in center of cheesecloth square.

Bring up the corners; tie closed with clean kitchen string. Add spice bag to the pot. Bring to boiling over medium-high heat, stirring constantly until sugar dissolves. Reduce heat to low. Simmer, uncovered, about 1 hour or until oranges are well glazed.

3. Remove and discard spice bag. Using a slotted spoon, pack orange slices into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Ladle the hot syrup over the orange slices, maintaining the ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 152 cal., 0 g fat, 0 mg chol., 0 mg sodium, 38 g carb., 2 g fiber, 0 g pro.

FRUITS

PICKLED PINEAPPLE WITH CANDIED GINGER

FOR 12 CUPS FRESH PINEAPPLE PIECES, YOU WILL NEED 2 TO 3 WHOLE PINEAPPLES. PEEL AND CORE THE PINEAPPLES, THEN CUT INTO 1-INCH PIECES.

PREP: 35 MINUTES **PROCESS:** 10 MINUTES **STAND:** 2 DAYS
MAKES: 7 PINTS

- 3 cups cider vinegar
- 2 cups sugar
- 2 cups unsweetened pineapple juice
- 7 3- to 4-inch cinnamon sticks
- 7 star anise (optional)
- 12 cups fresh pineapple pieces (about 1-inch pieces)
- ¼ cup finely chopped crystallized ginger

1. In a large stainless-steel, enamel, or nonstick heavy pot combine vinegar, sugar, and pineapple juice. Bring to boiling over medium-high heat, stirring to dissolve sugar; reduce heat. Simmer, covered, for 5 minutes.

2. Add 1 cinnamon stick and 1 star anise (if using) to each hot sterilized pint canning jar. Fill jars with pineapple and ginger, leaving a ½-inch headspace. Pour hot vinegar mixture over pineapple, maintaining the ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks. Let stand for 2 days before serving.

PER ¼ CUP: 31 cal., 0 g fat, 0 mg chol., 1 mg sodium, 8 g carb., 1 g fiber, 0 g pro.

PREPPING PINEAPPLE

To prepare fresh pineapple, lay it horizontally on a cutting board. Cut off the crown and stem end. Set upright on the bottom and remove the peel with a sharp knife by cutting from the top to the bottom of the fruit, following the curve of the fruit. Cut the pineapple in quarters. Use a sharp knife to remove the core from each quarter. Prepare further as directed in the recipe.

FRUITS

ROSY FRUIT COCKTAIL

THIS COMBINATION OF PINEAPPLE, PEACHES, PEARS, SWEET CHERRIES, AND GRAPES IS SO MUCH FRESHER AND MORE FLAVORFUL THAN THE COMMERCIALLY CANNED VERSION OF THIS OLD-FASHIONED FAVORITE.

PREP: 1 HOUR **PROCESS:** 20 MINUTES **MAKES:** 9 PINTS **PHOTO**

- 1¼ cups sugar
- 5 cups water
- 1 2-pound pineapple
- 3 pounds peaches
- 3 pounds pears
- 1 pound dark sweet cherries
- 1 pound seedless green grapes

1. For syrup, in a large saucepan cook and stir sugar and the water over medium heat until sugar dissolves. Keep hot but not boiling.

2. Wash fruit. Using a large sharp knife, slice off the bottom stem end and the green top from the pineapple. Stand pineapple on one cut end and slice off the skin in wide strips from top to bottom; discard skin. To remove the eyes, cut diagonally around the fruit, following the pattern of the eyes and making narrow wedge-shape grooves into the pineapple. Cut away as little of the fruit as possible. Cut pineapple in half lengthwise; place pieces cut sides down and cut lengthwise

again. Cut off and discard center core from each quarter. Finely chop pineapple. Measure 3 cups pineapple. Peel, halve, and pit peaches (see How to Peel Peaches); cut peaches into cubes. Measure 8½ cups peaches. Peel, core, and cut pears into cubes. Measure 6½ cups pears. Halve and pit cherries. Measure 2½ cups cherries. Remove stems from grapes. Measure 3 cups grapes.

3. In a 4- to 6-quart pot combine pineapple, peaches, pears, cherries, and grapes. Add 5¼ cups hot syrup (might not use all of the syrup); bring to boiling.

4. Ladle hot fruit and syrup into hot sterilized pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 20 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

CINNAMON-SPICED FRUIT COCKTAIL: Prepare as directed, except add 3 inches stick cinnamon to the syrup as it heats; remove before adding to fruit mixture.

PER ½ CUP ROSY OR CINNAMON-SPICED VARIATION: 108 cal., 0 g fat, 0 mg chol., 1 mg sodium, 27 g carb., 2 g fiber, 1 g pro.

CANNING FRUITS

Wash fresh fruits with cool, clear tap water, but do not soak them; drain. Follow preparation directions. If you choose to can fruits with syrup, select the syrup that best suits the fruit and your taste. See Canning Basics for directions on making syrups.

APPLES, PEARS

PREPARATION: Allow 2 to 3 pounds per quart. For apples, select varieties that are crisp, not mealy, in texture. Peel and core; halve, quarter, or slice. Dip into ascorbic acid color keeper solution; drain.

BOILING-WATER CANNING, RAW-PACK: Not recommended.

BOILING-WATER CANNING, HOT-PACK: Simmer in syrup for 5 minutes, stirring occasionally. Fill jars with fruit and syrup, leaving a ½-inch headspace. For apples, process pints and quarts for 20 minutes. For pears, process pints for 20 minutes and quarts for 25 minutes.

APRICOTS, PEACHES, NECTARINES

PREPARATION: Allow 2 to 3 pounds per quart. To peel peaches (peeling nectarines and apricots is not necessary), immerse in boiling water for 30 to 60 seconds or until skins start to split; remove and plunge into cold water. Halve and pit. If desired, slice. Treat with ascorbic acid color keeper solution; drain.

BOILING-WATER CANNING, RAW-PACK: Fill jars, placing fruit cut sides down. Add boiling syrup or water, leaving a ½-inch headspace. Process pints for 25 minutes and quarts for 30

minutes. (Note: Hot-packing generally results in a better product.)

BOILING-WATER CANNING, HOT-PACK: Add fruit to hot syrup; bring to boiling. Fill jars with fruit (placing cut sides down) and syrup, leaving a ½-inch headspace. Process pints for 20 minutes and quarts for 25 minutes.

BERRIES

PREPARATION: Allow 1½ to 2 pounds per quart. Can or freeze blackberries, blueberries, currants, elderberries, gooseberries, huckleberries, loganberries, and mulberries. Freeze (do not can) boysenberries, raspberries, and strawberries. (See Freezing Fruits for freezing directions.)

BOILING-WATER CANNING, RAW-PACK: Fill jars with blackberries, loganberries, or mulberries. Shake down gently. Add boiling syrup, leaving a ½-inch headspace. Process pints for 15 minutes and quarts for 20 minutes.

BOILING-WATER CANNING, HOT-PACK: Simmer blueberries, currants, elderberries, gooseberries, and huckleberries in water for 30 seconds; drain. Fill jars with berries and hot syrup, leaving a ½-inch headspace. Process pints and quarts for 15 minutes.

CHERRIES

PREPARATION: Allow 2½ pounds per quart. If desired, treat with ascorbic acid color keeper solution; drain. If unpitted, prick skin on opposite sides to prevent splitting.

BOILING-WATER CANNING, RAW-PACK: Add ½ cup syrup to each jar. Fill jars with cherries, gently shaking down as you fill jars. Fill jars with additional syrup, leaving a ½-inch headspace. Process pints and quarts for 25 minutes.

BOILING-WATER CANNING, HOT-PACK: Add cherries to hot syrup; bring to boiling. Fill jars with fruit and syrup, leaving a ½-inch headspace. Process pints for 15 minutes and quarts for 20 minutes.

PLUMS

PREPARATION: Allow 1 to 2 pounds per quart. Prick skin on 2 sides to prevent splitting. Freestone varieties may be halved and pitted.

BOILING-WATER CANNING, RAW-PACK: Pack firmly into jars. Add boiling syrup, leaving a ½-inch headspace. Process pints for 20 minutes and quarts for 25 minutes.

BOILING-WATER CANNING, HOT-PACK: Simmer in water or syrup for 2 minutes. Remove from heat. Let stand, covered, for 20 to 30 minutes. Fill jars with fruit and cooking liquid or syrup, leaving a ½-inch headspace. Process pints for 20 minutes and quarts for 25 minutes.

RHUBARB

PREPARATION: Allow 1½ pounds per quart. Discard leaves and woody ends. Cut into ½- to 1-inch pieces.

BOILING-WATER CANNING, RAW-PACK: Not recommended.

BOILING-WATER CANNING, HOT-PACK: In a saucepan sprinkle ½ cup sugar over each 4 cups fruit; mix well. Let stand until juice appears. Bring slowly to boiling, stirring gently. Fill jars with hot fruit and juice, leaving a ½-inch headspace. Process pints and quarts for 15 minutes.

CANNING
VEGETABLES
Summer
IN A JAR
HUNGARIAN
PEPPERS
IN TOMATO
SAUCE
KALE
COLCANNON
ORANG
THYM
BEETS
MUSTARDY
ONIONS
MAPLE-ORANGE
SWEET
POTATO
MASH
CURRIED
CORN
GOOD-FOR-YOU VEGGIES ALONE AND IN A RAINBOW OF BLENDS

BOILING-WATER CANNING

Indian Cauliflower
Pickled Garden Vegetables
Spicy-Sweet Pickled Three-Bean Salad

Curried Coconut Creamed Corn

Curried Pumpkin Soup

PRESSURE CANNING

Ancho-Brown Sugar Baked Beans
Balsamic Green Beans with Mushrooms
Brazilian Black Beans and Vegetables
Curried Corn
Curried Pumpkin Cubes
Hungarian Peppers in Tomato Sauce
Italian Green Beans and Tomatoes
Kale Colcannon
Maple-Orange Sweet Potato Mash
Mustardy Onions
Orange Thyme Beets
Roasted Sweet Peppers with Basil
Rosemary Carrots
Summer Vegetable Ratatouille
Sweet-Sour Red Cabbage with Apples and Bacon
Tarragon Carrots
Tunisian-Style Vegetables

Sweet Roasted Red Pepper Dip

Toasted Pita Chips

TIPS AND TECHNIQUES

beets, preparing
canning, charts
extra, storing and serving
legumes, canning
legumes, soaking
loss of volume in pressure canning
mashes, serving
salt, adjusting amount
storing canned foods
vegetables, handling
zucchini and yellow squash, canning

THE BASICS OF

CANNING VEGETABLES

WHETHER YOU HAVE A SURPLUS OF TOMATOES FROM THE GARDEN OR YOU PURCHASED A SACK OF GREEN BEANS FROM THE FARMER'S MARKET, TURN TO THESE KITCHEN-TESTED RECIPES FOR SAFE, DELICIOUS JARS FILLED WITH SUMMER'S HARVEST.

ORANGE THYME BEETS

PREP: 1 HOUR 30 MINUTES **PROCESS:** 30 MINUTES **MAKES:** 6 PINTS

PHOTO

- 9 pounds beets with tops
- 3¼ cups water
- 1 tablespoon finely shredded orange peel
- 1 cup orange juice
- 2 tablespoons snipped fresh thyme
- 1 tablespoon salt

1. Trim beets, leaving 1-inch stems (see photo 1); scrub well (see photo 2). Place beets in an 8- to 10-quart pot. Add enough water to cover beets. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes (beets will not be tender throughout). Drain and cool. Remove skins and trim off stems and roots (see photo 3). Cut beets into ½-inch slices. Return sliced beets to the pot. Add the 3¼ cups water, orange peel, orange juice, thyme, and salt. Bring to boiling.

2. Ladle beets and liquid into hot sterilized pint canning jars, leaving a 1-inch headspace. Cut large slices in half to fit in jars. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 30 minutes (start timing when canner reaches 10 or 11 pounds pressure), adjusting for altitude. Allow pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks. Check lids for seal after 24 hours.

4. To serve, place contents of one jar in a small saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation).

PER ⅓ CUP: 48 cal., 0 g fat, 0 mg chol., 369 mg sodium, 11 g carb., 3 g fiber, 2 g pro.

1. Cut the tops off the beets. Save the greens for another use. Store in the refrigerator for up to three days.

2. Use a soft vegetable brush to scrub the beets.

3. To protect your hands from stains, wear plastic gloves when slicing beets. Working over a bowl of water, cut a slice from the top of each beet, removing the stem, and then slip the beet from the skin. Slice the beet and place in pot.

VEGETABLES

ITALIAN GREEN BEANS AND TOMATOES

ITALIAN GREEN BEANS—ALSO CALLED ROMANO BEANS—ARE BROADER AND FLATTER THAN REGULAR GREEN BEANS. THEY'RE IN SEASON IN SUMMER AND COME IN GREEN, YELLOW, AND PURPLE VARIETIES.

PREP: 1 HOUR 30 MINUTES **PROCESS:** 30 MINUTES **MAKES:** 9 PINTS
PHOTO

- 6 cups water
- 2¾ pounds Italian green beans, trimmed and cut into 2½-inch pieces (12 cups)
- 1¾ pounds 1-inch-diameter carrots, peeled and sliced (6 cups)
- 2 pounds grape tomatoes (6 cups)
- 1 tablespoon minced fresh garlic
- 1 tablespoon salt
- ½ cup chopped fresh basil

1. In an 8- to 10-quart pot bring the water to boiling. Add the Italian green beans, carrots, tomatoes, garlic, and salt. Return to boiling; reduce heat. Boil gently, covered, for 5 minutes. Stir in basil.

2. Ladle vegetables and liquid into hot sterilized pint canning jars, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for dial-gauge canner for 30 minutes, adjusting for altitude (start timing when canner reaches 10 or 11 pounds pressure). Allow the pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks. Check lids for seal after 24 hours.

4. To serve, place contents of one jar in a small saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation).

PER ½ CUP: 32 cal., 0 g fat, 0 mg chol., 283 mg sodium, 7 g carb., 2 g fiber, 1 g pro.

VEGETABLES

SWEET ROASTED RED PEPPER DIP

THIS MIDDLE EASTERN-INSPIRED DIP OFFERS SWEET HEAT FROM A COMBINATION OF DATES AND SAMBAL OELEK—A CONDIMENT MADE OF CHILES, BROWN SUGAR, AND SALT THAT IS POPULAR IN INDONESIA, MALAYSIA, AND SOUTHERN INDIA. LOOK FOR IT AT FOOD MARKETS THAT SELL INGREDIENTS FOR THOSE CUISINES.

PREP: 30 MINUTES **BROIL:** 24 MINUTES **COOL:** 45 MINUTES
MAKES: 3½ CUPS **PHOTO**

- 8 Medjool dates, pitted
- 3 pounds large red sweet peppers (about 6), halved and seeded
- 1 cup slivered almonds, lightly toasted (see Toasting Nuts)
- 1 tablespoon red chile paste (sambal oelek)
- 2 tablespoons lemon juice
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ cup olive oil

1. Place dates in a small bowl. Add boiling water to cover; let stand about 10 minutes or until dates are soft. Drain dates well.

2. Meanwhile, preheat broiler. Line a broiler pan with foil. Arrange half of the peppers, cut sides down, in the prepared broiler pan. Broil the peppers 5 to 6 inches from the heat for 12

to 15 minutes or until well charred. Transfer peppers to a bowl; cover bowl with a plate. Repeat with remaining peppers. Let peppers cool; remove plate. Using your fingers or a paring knife, peel skins from peppers. Set peppers aside; discard skins.

3. In a food processor, working in batches if necessary, combine softened dates, cooled roasted peppers, the toasted almonds, chile paste, lemon juice, cumin, salt, and pepper. Cover and process to combine, then process until smooth. With machine running, add olive oil.

4. Transfer dip to freezer containers, leaving a ½-inch headspace. Seal and label. Freeze for up to 6 months.

5. To serve, allow dip to stand at room temperature for 2 hours to thaw or thaw in the refrigerator for 1 to 2 days. Serve with pita crisps.

PER 2 TABLESPOONS: 60 cal., 4 g fat (0 g sat. fat), 0 mg chol., 55 mg sodium, 5 g carb., 2 g fiber, 1 g pro.

TOASTED PITA CHIPS

Split 3 pita bread rounds in half horizontally. Brush the split side of each pita bread lightly with olive oil. Season to taste with sea salt and freshly ground black pepper if desired. Cut each half into 6 wedges. Arrange in a single layer on a large baking sheet. Bake in a 350°F oven for 10 to 15 minutes or until crisp; let cool. Makes 36 pita chips.

VEGETABLES

CURRIED CORN

SPICY, SWEET, AND FULL OF FRESH LIME FLAVOR, THIS SUMMER-FRESH SIDE IS DELICIOUS HEATED AND SERVED AS IT IS STRAIGHT FROM THE JAR. IF YOU LIKE, MAKE IT A CREAMED CORN DISH BY ADDING A SPLASH OF COCONUT MILK (SEE VARIATION BELOW).

PREP: 35 MINUTES **PROCESS:** 1 HOUR 25 MINUTES **MAKES:** 9 PINTS

PHOTO

- 24 ears of corn
- 7 cups water
- ¼ cup fresh lime juice
- 2 tablespoons Thai-style green curry paste
- 4 teaspoons salt
- 1 tablespoon minced fresh garlic
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin

1. Remove husks from the ears of corn. Scrub with a stiff brush to remove silks; rinse. Cook corn in enough boiling water to cover for 4 minutes; drain. When cool, cut corn from cobs, cutting from the center of the kernels. Scrape remaining corn from cobs with a table knife (you should have about 14 cups). In a large pot combine the corn, the 7 cups water, the lime juice, curry paste, salt, garlic, coriander, and cumin. Bring to boiling.

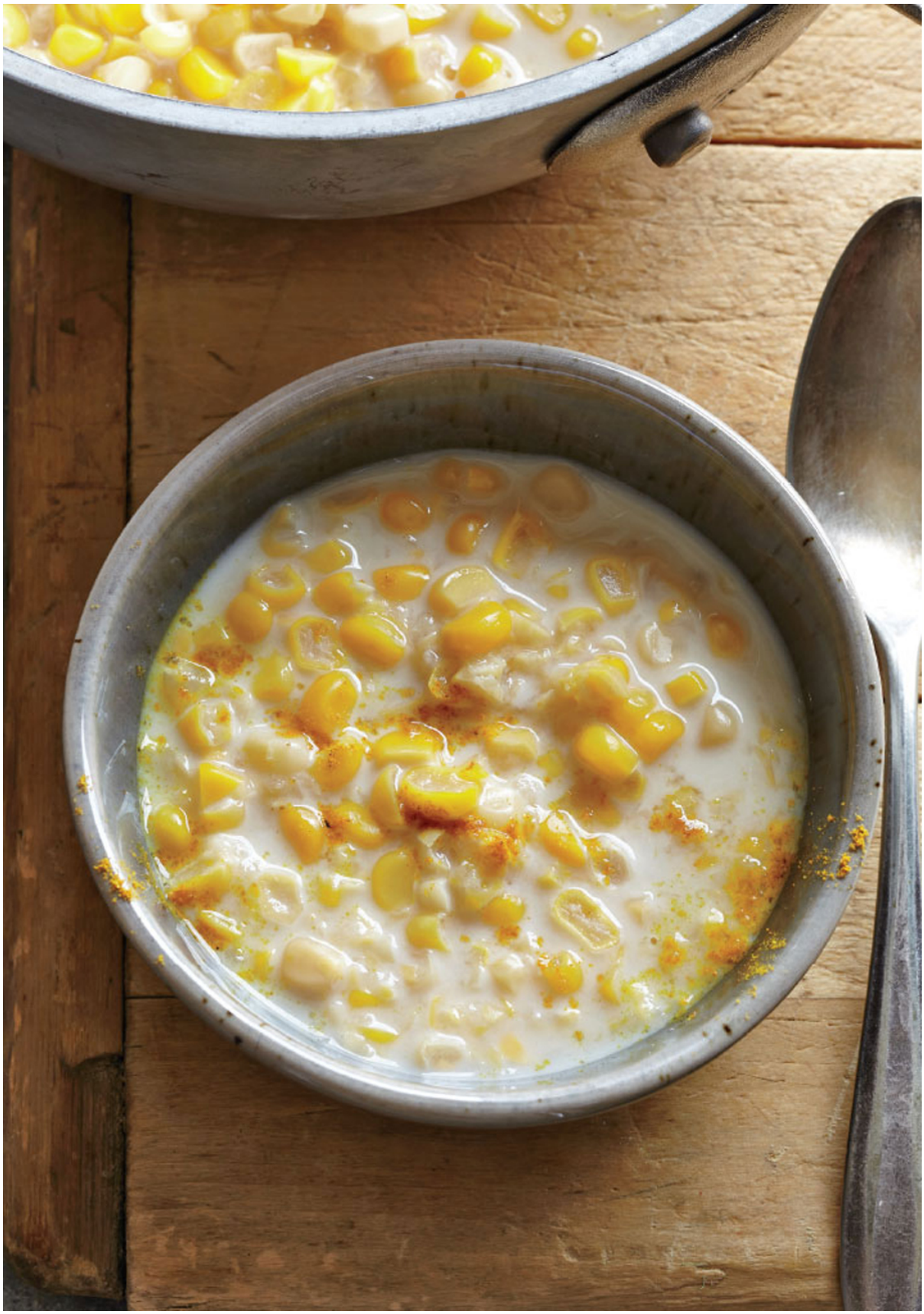
2. Ladle hot corn mixture into hot sterilized pint canning jars, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 85 minutes, adjusting for altitude (start timing when canner reaches 10 or 11 pounds pressure). Allow the pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on a wire rack. Check lids for seal after 24 hours.

4. To serve, place contents of one jar in a small saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation).

PER ½ CUP CORN: 71 cal., 1 g fat (0 g sat. fat), 0 mg chol., 414 mg sodium, 16 g carb., 2 g fiber, 3 g pro.

CURRIED COCONUT CREAMED CORN: Prepare and process jars as directed. After rapidly boiling contents of one jar for 10 minutes as directed in Step 4, stir in ¼ cup unsweetened coconut milk. Return to boiling. Boil gently, uncovered, for 1 minute.



VEGETABLES

MUSTARDY ONIONS

THE ONIONS ARE STILL SLIGHTLY CRISP WHEN THEY COME OUT OF THE JAR BUT SOFTEN UP NICELY AFTER BEING BOILED BEFORE SERVING. THEY'RE TERRIFIC SERVED ON GRILLED MEAT AND SAUSAGES—ESPECIALLY IN COMBINATION WITH HOT PEPPERS.

PREP: 1 HOUR 30 MINUTES **PROCESS:** 40 MINUTES **MAKES:** 5 PINTS
PHOTO

- 6 cups water
- 2 tablespoons dry mustard
- 1 tablespoon bottled lemon juice
- 2 teaspoons salt
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon ground allspice
- 2½ pounds yellow onions, quartered and thinly sliced (8 cups)

1. In a 6- to 8-quart pot combine the water, mustard, lemon juice, salt, pepper, and allspice. Bring to boiling; add onions. Boil, uncovered, for 5 minutes.

2. Ladle hot onion mixture into hot sterilized pint canning jars, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-

gauge canner for 40 minutes (start timing when canner reaches 10 or 11 pounds pressure), adjusting for altitude. Allow the pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks. Check lids for seal after 24 hours.

4. To serve, place contents of one jar in a medium saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation).

PER 2 TABLESPOONS: 19 cal., 0 g fat, 0 mg chol., 158 mg sodium, 4 g carb., 1 g fiber, 1 g pro.

ADJUSTING SALT

When canning vegetables, you can reduce the amount of salt called for or omit it altogether. In small amounts, salt is used only for seasoning—not for preservation. However, do not adjust salt amounts in pickled or fermented foods.

VEGETABLES

HUNGARIAN PEPPERS IN TOMATO SAUCE

GARNISH A BLOODY MARY WITH THESE SWEET-HOT PEPPERS, STIR THEM INTO CHILI, OR LIVEN UP A DELI SANDWICH. THEY'RE ALSO LOVELY ON A RELISH TRAY.

PREP: 1 HOUR 30 MINUTES **PROCESS:** 35 MINUTES **MAKES:** 6 PINTS

- 2½ to 3 pounds Hungarian wax peppers or banana peppers
- 5¼ cups beef broth
- ¾ cup sugar
- ¾ cup tomato paste
- 4½ teaspoons kosher salt
- 4½ teaspoons white vinegar
- 1½ teaspoons sweet paprika
- ¾ teaspoon garlic powder
- 8 whole cloves
- 8 whole allspice

1. Remove stems ends from peppers. Halve peppers, remove seeds and discard (see tip). Set peppers aside.

2. In a large pot combine broth, sugar, tomato paste, salt, vinegar, paprika, garlic powder, cloves, and allspice. Bring to

boiling.

3. Pack peppers into hot sterilized pint canning jars, leaving a 1-inch headsapce. Ladle hot broth mixture over the peppers, maintaining the 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a pressure canner at 10 pounds pressure for weighted-gauge canner or 11 pounds pressure for dial-gauge canner for 35 minutes (start timing when canner reaches 10 or 11 pounds pressure), adjusting for altitude. Allow the pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks. Check lids for seal after 24 hours.

5. To serve, place contents of one jar in a small saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation).

PER 2 TABLESPOONS: 14 cal., 0 g fat, 0 mg chol., 174 mg sodium, 3 g carb., 0 g fiber, 0 g pro.

VEGETABLES

SPICY-SWEET PICKLED THREE-BEAN SALAD

THIS COLORFUL SALAD IS CLASSIC POTLUCK FARE—IMPRESS FRIENDS AND FAMILY WITH YOUR CANNING PROWESS AT THE NEXT GATHERING.

PREP: 1 HOUR **PROCESS:** 15 MINUTES **STAND:** 1 WEEK
MAKES: 8 PINTS

- 1½ pounds fresh green beans, trimmed and cut into 1½-inch pieces
- 1½ pounds fresh wax beans, trimmed and cut into 1½-inch pieces
- 2 15- to 16-ounce cans dark red kidney beans, rinsed and drained
- 2½ cups chopped red sweet peppers (2 large)
- 2 cups chopped onions (2 large)
- 2 fresh jalapeño chile peppers, finely chopped (see tip)
- 4½ cups sugar
- 3 cups white vinegar
- 2¼ cups water
- ¾ cup cider vinegar
- ¾ cup red wine vinegar
- 1½ tablespoons pickling salt

1. Fill a large pot about two-thirds full with water. Bring to boiling. Add green beans; blanch for 3 minutes. Using a slotted

spoon, transfer green beans to a large bowl of ice water. Repeat to blanch wax beans. Drain green and wax beans in a large colander set in a sink. In a large bowl combine green beans, wax beans, kidney beans, sweet peppers, onions, and jalapeño peppers.

2. Meanwhile, in a 4-quart stainless-steel, enamel, or nonstick heavy pot combine sugar, white vinegar, the 2¼ cups water, the cider vinegar, red wine vinegar, and pickling salt. Bring to boiling, stirring to dissolve sugar and salt.

3. Pack bean mixture into hot sterilized pint canning jars, leaving a ½-inch headspace. Ladle hot vinegar mixture into jars, maintaining the ½-inch headspace. Discard any remaining vinegar mixture. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks. Let stand at room temperature for 1 week before serving.

PER ½ CUP: 73 cal., 0 g fat, 0 mg chol., 138 mg sodium, 15 g carb., 4 g fiber, 3 g pro.

A GOOD SOAK

For economy and taste, some people prefer cooking legumes from the dried form rather than using canned. If you choose to do that for a recipe you will be canning, be sure the legumes soak for 12 to 18 hours, then drain and cook according to package directions until tender.

VEGETABLES

SUMMER VEGETABLE RATATOUILLE

AFTER IT HAS BEEN BOILED FOR 10 MINUTES, SERVE THIS SAVORY BLEND OF SUMMER VEGETABLES HOT, COLD, OR AT ROOM TEMPERATURE AS A SIDE, PASTA SAUCE, OR WITH BREAD AS AN APPETIZER.

PREP: 1 HOUR 30 MINUTES **PROCESS:** 1 HOUR 15 MINUTES
MAKES: 6 PINTS **PHOTO**

- ¼ cup olive oil
- 2 medium sweet onions, coarsely chopped (3 cups)
- 1 to 1½ pounds eggplant, peeled if desired and coarsely chopped (6 cups)
- 4 large red sweet peppers, seeded and coarsely chopped (4 cups)
- 2½ to 3 pounds tomatoes, peeled and chopped (6 cups)
- 1 tablespoon snipped fresh rosemary
- 1 tablespoon snipped fresh oregano
- 2 teaspoons snipped fresh thyme
- 4 cloves garlic, minced
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- ½ cup snipped fresh basil
- ½ cup snipped fresh parsley
- ¼ cup bottled lemon juice or red wine vinegar

1. In an 8- to 10-quart heavy pot heat oil over medium-high heat. Add onions; cook about 10 minutes or until onions are just tender, stirring occasionally. Add eggplant and sweet peppers; cook and stir about 5 minutes or until eggplant and peppers just begin to soften. Add the tomatoes, rosemary, oregano, thyme, garlic, salt, and black pepper. Bring to boiling over medium-high heat, stirring often; reduce heat. Cover and boil gently for 5 minutes. Stir in basil, parsley, and lemon juice.

2. Ladle hot vegetable mixture into hot sterilized pint canning jars, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 75 minutes (start timing when canner reaches 10 or 11 pounds pressure), adjusting for altitude. Allow pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks. Check lids for seal after 24 hours.

4. To serve, place contents of one jar in a small saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation).

PER ½ CUP: 62 cal., 3 g fat (0 g sat. fat), 0 mg chol., 239 mg sodium, 8 g carb., 3 g fiber, 1 g pro.

SUMMER SQUASH CAVEAT

Traditional ratatouille is a combination of eggplant, tomatoes, onions, sweet peppers, zucchini, garlic, and herbs simmered in olive oil. This version doesn't include the zucchini; the most recent canning research cannot confirm safe processing times. Zucchini and yellow squash—both low-acid vegetables—can safely be pickled and processed in a water-bath canner.

VEGETABLES

BALSAMIC GREEN BEANS WITH MUSHROOMS

USING WHITE BALSAMIC VINEGAR INSTEAD OF THE DARK VERSION IN THIS FLAVORFUL VEGETABLE BLEND KEEPS THE GREEN BEANS LOOKING A PRETTY SHADE OF GREEN AND NOT MUDDY.

PREP: 1 HOUR 30 MINUTES **COOK:** 20 MINUTES **PROCESS:** 20 MINUTES
MAKES: 9 PINTS **PHOTO**

- 2 tablespoons olive oil
- 2 pounds cremini mushrooms, stemmed and sliced
- 1 cup finely chopped shallots
- 1 cup cream sherry or chicken broth
- 12 cloves garlic, minced
- ¼ cup bottled lemon juice
- 6 cups water
- ½ cup white balsamic vinegar
- ¼ cup snipped fresh thyme
- 3 pounds fresh green beans, trimmed and cut into 2-inch pieces
- 4½ teaspoons salt

1. Heat oil in an extra-large skillet or Dutch oven over medium-high heat. Add mushrooms and cook for 10 minutes, stirring occasionally. Stir in shallots, sherry, and garlic. Continue cooking

for 10 to 14 minutes or until most of the juices have evaporated, stirring occasionally. Stir in lemon juice. Set aside.

2. In a large saucepan combine the water, vinegar, and thyme. Bring to boiling.

3. Pack ½ cup mushroom mixture and 1 cup beans tightly into 9 hot sterilized pint canning jars, leaving a 1-inch headspace. Sprinkle ½ teaspoon salt into each jar. Ladle boiling liquid into the hot jars, maintaining the 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner (start timing when canner reaches 10 or 11 pounds pressure) for 20 minutes, adjusting for altitude. Allow pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks. Check lids for seal after 24 hours.

5. To serve, place contents of one jar in a small saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation).

PER ½ CUP: 86 cal., 2 g fat (0 g sat. fat), 0 mg chol., 593 mg sodium, 13 g carb., 3 g fiber, 3 g pro.

LOSS OF AIR

You might notice that the volume of food in the jars is reduced after processing jars in a pressure canner. This occurs more frequently when foods are prepared with the cold-pack method (raw food is placed in the jars and then covered with boiling water, juice, or syrup). Pressure canning forces air from foods as well as from the jars, compacting the food and making it more dense. The result is a greater space between the lid and the food than when you originally packed the jars.

VEGETABLES

TUNISIAN-STYLE VEGETABLES

COUSCOUS IS A FITTING ACCOMPANIMENT TO THIS WARMLY SPICED NORTH AFRICAN-STYLE VEGETABLE DISH. KEEP IT VEGETARIAN OR ADD SOME ROASTED CHICKEN FOR A HEARTIER MEAL.

PREP: 1 HOUR 30 MINUTES **PROCESS:** 1 HOUR 15 MINUTES
MAKES: 4 QUARTS **PHOTO**

- 2 tablespoons vegetable oil
- 4 teaspoons ground coriander
- 4 teaspoons ground cumin
- 4 teaspoons ground ginger
- 4 teaspoons curry powder
- 4 teaspoons ground cinnamon
- 8 cups water
- 5 1-inch-diameter carrots, peeled and cut into 1-inch chunks (2½ cups)
- 3 medium onions, halved and cut into wedges (2¼ cups)
- 2 tablespoons finely shredded lemon peel
- 1 tablespoon salt
- 1 2- to 3-pound butternut squash, peeled and cut into 1-inch chunks (8 cups)
- 3 large red sweet peppers, seeded and cut into 1-inch pieces (4½ cups)
- 4 cups cherry tomatoes
- ½ cup golden raisins

1. In a 6- to 8-quart pot heat oil over medium heat. Add coriander, cumin, ginger, curry powder, and cinnamon; cook and stir for 1 to 2 minutes or until fragrant. Carefully add the water to pot. Bring to boiling. Add carrots, onions, lemon peel, and salt; cook for 3 minutes. Add the squash; cook for 2 minutes more. Stir in sweet peppers, tomatoes, and raisins.

2. Ladle hot vegetables into hot sterilized quart canning jars, leaving a 1-inch headspace. Spoon hot cooking liquid over vegetables, maintaining the 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 75 minutes (start timing when canner reaches 10 or 11 pounds pressure), adjusting for altitude. Allow the pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks. Check lids for seal after 24 hours.

4. To serve, place contents of one jar in a small saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation).

PER ½ CUP: 61 cal., 1 g fat (0 g sat. fat), 0 mg chol., 264 mg sodium, 13 g carb., 3 g fiber, 1 g pro.

LITTLE EXTRAS

After filling the quart jars with the spiced vegetables, you may have about 1 pint of vegetables left over. Rather than canning a single pint of the vegetables, refrigerate them immediately after cooking—then heat and eat within a day or two. This holds true for most soups and vegetable dishes—properly cooked, uncanned food can be stored in the refrigerator up to 3 days. Reheat thoroughly—bringing to a full boil—before eating.

VEGETABLES

ROASTED SWEET PEPPERS WITH BASIL

SERVE THESE TASTY PEPPERS ON A STEAK SANDWICH OR CHOP AND TOSS WITH HOT PASTA. USE A MIX OF HUES FOR EYE-CATCHING COLOR IN THE PANTRY—AND PACK THE PEPPERS LOOSELY IN THE JARS TO ENSURE THAT THEY ARE PROPERLY PROCESSED.

PREP: 1 HOUR 30 MINUTES **ROAST:** 20 MINUTES AT 425°F
STAND: 15 MINUTES **PROCESS:** 35 MINUTES **MAKES:** 6 PINTS

- 8 pounds red, orange, and/or yellow sweet peppers
- 6 tablespoons bottled lemon juice
- 12 small sprigs fresh basil
- 12 cloves garlic, minced
- 1 tablespoon salt

1. Preheat oven to 425°F. Cut sweet peppers in half lengthwise; remove stems and seeds. Place pepper halves, cut sides down, on foil-lined baking sheets. Roast for 20 to 25 minutes or until peppers

are charred and very tender. Bring the foil up around the peppers and fold edges together to enclose. Let stand about 15 minutes or until cool enough to handle. Use a sharp knife to loosen edges of the skins; gently pull off skins and discard.

2. Pack peppers into hot sterilized pint canning jars, leaving a 1-inch headspace. Add 1 tablespoon lemon juice, 2 sprigs basil, 2 cloves minced garlic, and ½ teaspoon salt to each jar. Pour boiling water into jars, maintaining the 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 35 minutes (start timing when canner reaches 10 or 11 pounds pressure), adjusting for altitude. Allow the pressure to come down naturally. Carefully remove the canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks.

4. To serve, place contents of one jar in a small saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation).

PER 3 TABLESPOONS: 56 cal., 1 g fat (0 g sat. fat), 0 mg chol., 201 mg sodium, 11 g carb., 4 g fiber, 2 g pro.

VEGETABLES

PICKLED GARDEN VEGETABLES

WHILE MOST VEGETABLES ARE LOW-ACID AND NEED TO BE PROCESSED IN A PRESSURE CANNER, THIS COLORFUL MIX OF CRISP VEGGIES IS PACKED IN A VINEGAR BRINE THAT PREVENTS SPOILAGE, SO THEY CAN BE WATER-BATH CANNED AND EATEN RIGHT FROM THE JAR.

PREP: 1 HOUR 30 MINUTES **PROCESS:** 10 MINUTES **MAKES:** 7 PINTS

- 1 pound carrots, peeled
- 1 pound fresh green beans, trimmed and cut into 2-inch pieces
- 3 cups cauliflower florets
- 3 green and/or red sweet peppers, seeded and cut into strips
- 2 zucchini and/or yellow summer squash, halved lengthwise and sliced ½ inch thick, or 1 pound baby zucchini or yellow summer squash, halved
- 2 onions, cut into wedges
- 3 cups water
- 3 cups white wine vinegar
- 2 tablespoons sugar
- 1 tablespoon pickling salt
- 3 tablespoons snipped fresh dill
- ½ teaspoon crushed red pepper
- 6 cloves garlic, minced

1. Halve any large carrots lengthwise. Cut carrots into ¼-inch slices. In an 8-quart pot combine carrots, green beans, cauliflower, sweet peppers, zucchini, and onions. Add enough water to cover. Bring to boiling. Cook, uncovered, for 3 minutes. Drain.

2. In a large saucepan combine the 3 cups water, the vinegar, sugar, salt, dill, crushed red pepper, and garlic. Bring to boiling.

3. Pack vegetables into hot sterilized pint canning jars, leaving a ½-inch headspace. Pour vinegar mixture over vegetables, maintaining the ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boil). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 14 cal., 0 g fat, 0 mg chol., 71 mg sodium, 3 g carb., 0 g fiber, 0 g pro.

DON'T BE A BRUISER

Handle fresh vegetables for canning carefully to avoid bruising them. The organisms that cause spoilage grow faster on bruised vegetables than on unblemished vegetables—and they look better, too!

VEGETABLES

KALE COLCANNON

ALTHOUGH IT'S CONSIDERED A PEASANT DISH, THIS IRISH COMFORT FOOD CLASSIC OF BUTTERY MASHED POTATOES MIXED WITH HAM AND GREENS (USUALLY CABBAGE OR KALE) WILL MAKE YOU FEEL VERY SPECIAL.

PREP: 1 HOUR 30 MINUTES **PROCESS:** 1 HOUR **MAKES:** 8 PINTS
PHOTO

- 3½ pounds yellow potatoes, peeled and cut into 1½-inch pieces
- 8 ounces curly kale, tough stems removed and leaves chopped
- 4 large leeks, white part only, thinly sliced (3 cups)
- 4 ounces smoked ham, finely chopped
- 6½ cups chicken broth

1. Place potatoes in an 8- to 10-quart pot; add enough water to cover. Bring to boiling; reduce heat. Simmer, covered, for 1 minute. Add kale, leeks, and ham; stir to combine. Drain potato mixture through a colander set in sink. Return potato mixture to pot; keep hot.

2. In a large saucepan heat broth to boiling; reduce heat. Cover and keep simmering until ready to fill jars.

3. Pack hot potato mixture into hot sterilized pint canning jars, leaving a 1-inch headspace. Pour hot broth over potato mixture

in jars, maintaining the 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 60 minutes (start timing when canner reaches 10 or 11 pounds pressure), adjusting for altitude. Allow pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks. Check lids for seal after 24 hours.

5. To serve, place contents of one jar in a small saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation). Drain and discard the cooking liquid. Mash colcannon with a potato masher until desired consistency, adding 2 tablespoons milk, half-and-half, or light cream. Serve topped with butter.

PER ½ CUP: 87 cal., 1 g fat (0 g sat. fat), 4 mg chol., 426 mg sodium, 18 g carb., 2 g fiber, 4 g pro.

SERVING VEGETABLE MASH

Vegetables such as potatoes and butternut squash that are meant to be served mashed or pureed are canned in chunks for safety reasons. The density of the mash does not allow the temperature in the center of the jar to get hot enough to kill potentially harmful bacteria. When ready to serve, it's simple to open the jar, boil the contents for 10 minutes to heat and ensure the vegetables are safe to eat, then mash the contents with a potato masher or electric mixer.

VEGETABLES

SWEET-SOUR RED CABBAGE WITH APPLES AND BACON

PERFECT FARE FOR A COOL FALL NIGHT, THIS GERMAN-STYLE DISH IS DELICIOUS WITH GRILLED OR PAN-FRIED SAUSAGES AND A COLD BEER.

PREP: 1 HOUR 30 MINUTES **PROCESS:** 1 HOUR 15 MINUTES
MAKES: 5 QUARTS

- 12 ounces maple-smoked bacon or other sliced bacon, chopped
- 3 cups lower-sodium beef broth
- ⅔ cup packed brown sugar
- ⅔ cup cider vinegar
- 1 tablespoon snipped fresh thyme
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon ground allspice
- 5 pounds red cabbage, cored and cut into 1-inch pieces (16 cups)
- 4 large cooking apples, peeled, cored, and cut into 1-inch pieces (5 cups)
- 2 medium onions, thinly sliced (1 cup)

1. In an 8- to 10-quart pot cook bacon over medium heat until crisp, stirring often. Drain bacon on paper towels. Discard drippings in pot.

2. In the same pot combine broth, brown sugar, vinegar, thyme, salt, pepper, and allspice. Bring to boiling, stirring to dissolve sugar. Stir in the bacon, cabbage, apples, and onions. Return to boiling.

3. Ladle hot cabbage mixture into hot sterilized quart canning jars leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 75 minutes (start timing when canner reaches 10 or 11 pounds pressure), adjusting for altitude. Allow the pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks. Check lids for seal after 24 hours.

5. To serve, place contents of one jar in a medium saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each 1,000 feet of elevation).

PER ½ CUP: 62 cal., 1 g fat (0 g sat. fat), 4 mg chol., 185 mg sodium, 11 g carb., 1 g fiber, 2 g pro.

VEGETABLES

INDIAN CAULIFLOWER

CAULIFLOWER IS A FAVORITE INDIAN VEGETABLE. THIS CRISP, TART, AND SPICY PICKLE PAYS HOMAGE TO ITS POPULARITY WITH A COMBINATION THAT INCLUDES CHILES, GINGER, TURMERIC, AND MUSTARD SEEDS. TRY IT WITH GRILLED LAMB CHOPS AND WARMED NAAN FLATBREAD.

PREP: 1 HOUR **PROCESS:** 15 MINUTES **MAKES:** 7 PINTS

- 2 medium heads cauliflower
- 1 medium carrot, thinly bias-sliced
- 1 medium onion, cut into thin wedges
- 2 fresh serrano chile peppers, sliced (see tip)
- 2 tablespoons olive oil
- 8 cloves garlic, sliced
- 1 tablespoon grated fresh ginger
- 2 teaspoons ground turmeric
- 2 teaspoons cumin seeds
- 1 teaspoon mustard seeds
- 4½ cups white vinegar
- 4½ cups water
- 4 teaspoons pickling salt

1. Chop enough cauliflower to make 12 cups small florets. In an extra-large bowl combine cauliflower, carrot, onion, serrano

peppers, olive oil, garlic, ginger, turmeric, cumin seeds, and mustard seeds. Toss well to combine.

2. Pack cauliflower mixture into hot sterilized pint canning jars, leaving a ½-inch headspace. In a 4-quart pot bring vinegar, the water, and salt to boiling. Pour hot vinegar mixture over vegetables in jars, maintaining the ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 21 cal., 1 g fat (0 g sat. fat), 0 mg chol., 194 mg sodium, 2 g carb., 1 g fiber, 1 g pro.

CREATING A PANTRY

Once your jars are processed and cooled, you'll need to find a suitable storage spot. A dry, dark, cool basement lined with shelves is ideal. If you don't have that, look for that environment somewhere in your home.

VEGETABLES

TARRAGON CARROTS

IF THE POT IN WHICH YOU BOIL THE CARROTS BEFORE SERVING HAS A LOOSE-FITTING LID, ADD WATER DURING THE BOILING PROCESS, IF NECESSARY, TO KEEP THE CARROTS FROM BOILING DRY.

PREP: 1 HOUR 45 MINUTES **PROCESS:** 25 MINUTES **MAKES:** 8 PINTS
PHOTO

- 6½ cups chicken broth
- 1 tablespoon snipped fresh tarragon
- 4 cloves garlic, minced
- 5 pounds 1-inch-diameter carrots, peeled and sliced ½ inch thick or cut into ½-inch cubes
- Fresh tarragon sprig (optional)

1. In a large saucepan combine broth, 1 tablespoon snipped tarragon, and garlic. Bring to boiling.

2. Pack carrots tightly into hot sterilized pint jars, leaving a 1-inch headspace. Ladle hot broth mixture into jars, maintaining the 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner (start timing when canner reaches 10 or 11 pounds pressure) for 25 minutes, adjusting for altitude. Allow pressure to come down naturally. Carefully remove canner lid;

cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks. Check lids for seal after 24 hours.

4. To serve, place contents of one jar in a small saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation). If desired, garnish with fresh tarragon sprig.

ROSEMARY CARROTS: Prepare as directed, except substitute 2 tablespoons snipped fresh rosemary for the tarragon. If desired, garnish with additional fresh rosemary.

PER ½ CUP TARRAGON OR ROSEMARY CARROTS: 38 cal., 0 g fat, 1 mg chol., 291 mg sodium, 9 g carb., 2 g fiber, 1 g pro.

VEGETABLES

MAPLE-ORANGE SWEET POTATO MASH

USE WIDE-MOUTH QUART CANNING JARS TO ACCOMMODATE THE SIZE OF THE SWEET POTATO CHUNKS.

PREP: 1 HOUR 30 MINUTES **COOK:** 30 MINUTES
PROCESS: 1 HOUR 30 MINUTES **MAKES:** 5 QUARTS

- 8 to 10 pounds sweet potatoes
- 6 cups water
- 2 cups pure maple syrup or maple-flavor syrup
- ¼ cup grated fresh ginger
- 2 tablespoons finely shredded orange peel
- 1¼ teaspoons salt

1. Scrub potatoes. In an 8- to 10-quart pot cook sweet potatoes, half at a time, in enough boiling water to cover about 15 minutes or until skins can be easily removed. Drain potatoes. Let potatoes stand until cool enough to handle. Peel potatoes; cut into 1½- to 2-inch chunks.

2. In a large saucepan combine the 6 cups water, the maple syrup, ginger, and orange peel. Bring just to simmering over medium heat.

3. Pack sweet potatoes into hot sterilized wide-mouth quart canning jars, leaving a 1-inch headspace. Ladle hot maple mixture over potatoes, maintaining the 1-inch headspace. Sprinkle ¼ teaspoon salt into each jar. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 90 minutes (start timing when canner reaches 10 or 11 pounds pressure), adjusting for altitude. Allow the pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks. Check lids for seal after 24 hours.

5. To serve, place contents of one jar in a medium saucepan. Bring to a rapid boil. Boil, uncovered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation). Drain potatoes. Transfer potatoes to a small bowl. Use a potato masher or electric mixer to mash potatoes until nearly smooth. Stir in 1 tablespoon softened butter before serving and, if desired, drizzle with maple syrup. Makes 1½ cups.

PER ½ CUP MASHED WITH BUTTER: 295 cal., 4 g fat (2 g sat. fat), 10 mg chol., 327 mg sodium, 64 g carb., 5 g fiber, 3 g pro.

VEGETABLES

CURRIED PUMPKIN CUBES

AFTER HEATING, THESE SPICED PUMPKIN PIECES MAKE A DELICIOUS VEGETABLE MASH. ADD SOME COCONUT MILK AND A LITTLE SALT, THEN PUREE FOR A BEAUTIFUL SOUP. DRIZZLE WITH MEXICAN CREMA OR SOUR CREAM THINNED WITH MILK BEFORE SERVING IF DESIRED.

PREP: 1 HOUR **PROCESS:** 1 HOUR 30 MINUTES **MAKES:** 6 QUARTS

- 1 8-pound pumpkin or 8 pounds butternut squash
- 1½ cups finely chopped yellow onions (3 medium)
- ¼ cup curry powder

1. Cut the pumpkin into quarters or cut squash into halves. Remove and discard peel, seeds, and strings. Cut the flesh into 1-inch cubes. Place cubes in a large pot. Add enough water to cover. Bring to boiling; cook, uncovered, over medium-high heat for 2 minutes.

2. Working with one hot sterilized quart jar at a time, place ¼ cup onion and 2 teaspoons curry powder in jar. Fill jar with pumpkin or squash cubes, leaving a 1-inch headspace. Add cooking liquid, maintaining the 1-inch headspace. Wipe jar rim; adjust lid and screw band. Repeat with remaining jars (keep jars hot).

3. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 90 minutes (start timing when canner reaches

10 or 11 pounds pressure), adjusting for altitude. Allow pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks. Check lids for seal after 24 hours.

4. To serve, place contents of one jar in a medium saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation). If desired, drain pumpkin; use an immersion blender or electric mixer to mash pumpkin.

PER ½ CUP: 22 cal., 0 g fat, 0 mg chol., 1 mg sodium, 5 g carb., 1 g fiber, 1 g pro.

CURRIED PUMPKIN SOUP: In a large saucepan combine contents of one jar Curried Pumpkin Cubes, undrained; 1 cup unsweetened coconut milk; and a dash salt. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes. Puree soup with an immersion blender. Ladle soup into bowls. If desired drizzle with Mexican crema or thinned sour cream. Makes 4 (1-cup) servings.

VEGETABLES

ANCHO-BROWN SUGAR BAKED BEANS

CLASSIC PICNIC BEANS GET A FLAVOR BOOST FROM BOTH DRIED AND FRESH CHILES.

PREP: 35 MINUTES **STAND:** 1 HOUR **COOK:** 1 HOUR
BAKE: 2 HOURS AT 325°F **PROCESS:** 1 HOUR 5 MINUTES
MAKES: 7 PINTS **PHOTO**

- 2 pounds dried navy or pinto beans
- 6 quarts water
- 4 to 5 dried ancho peppers, stemmed, seeded, and broken into 1-inch pieces (see tip)
- 3 cups chopped onions (3 large)
- 4 ounces bacon, chopped (5 slices)
- 2 fresh jalapeño, serrano, and/or Fresno chile peppers, seeded and finely chopped (see tip)
- 8 cloves garlic, minced
- 2½ cups packed brown sugar
- ¾ cup molasses
- 2 teaspoons dry mustard
- 2 teaspoons sea salt
- 1 teaspoon ground black pepper

1. Rinse beans. In a large pot combine beans and 3 quarts of the water. Bring to boiling; reduce heat. Simmer, covered, for 2 minutes. Remove from heat. Cover and let stand for 1 hour. (Or omit cooking step and soak beans in cold water overnight in a

covered pot.) Drain and rinse beans. Return beans to the pot and add 3 quarts fresh water. Bring to boiling; reduce heat. Simmer, covered, for 45 minutes. Drain beans, reserving cooking liquid.

2. Meanwhile, in a large skillet cook the ancho chiles over medium heat about 5 minutes or until lightly toasted and fragrant, stirring frequently. Let cool. Place peppers in a food processor; cover and process until very finely chopped.

3. Preheat oven to 325°F. In a 5- to 6-quart oven-going Dutch oven combine onions, bacon, fresh chiles, and garlic. Cook over medium-high heat about 8 minutes or until onions are tender, stirring frequently. Stir in the drained beans, 4 cups of the bean cooking liquid (add water to make 4 cups if necessary), the ancho chiles, brown sugar, molasses, mustard, salt, and black pepper. Bring to boiling, stirring occasionally. Remove from heat. Cover and bake for 2 hours or just until beans are tender, stirring occasionally and adding water as necessary to maintain a saucy consistency.

4. Ladle hot beans and sauce into hot sterilized pint canning jars, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 65 minutes (start timing when canner reaches 10 or 11 pounds pressure), adjusting for altitude. Allow the pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks.

6. To serve, place contents of one jar and 2 to 4 tablespoons water in a small saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation).

PER ½ CUP: 264 cal., 2 g fat (1 g sat. fat), 3 mg chol., 226 mg sodium, 53 g carb., 9 g fiber, 9 g pro.

CANNING LEGUMES

Although it's important that dried beans are soaked before pressure canning, they can go into the jars less than fully cooked. Processing in a pressure canner completes the cooking process. In fact, if they're fully cooked before going into the jar, they turn to mush.

VEGETABLES

BRAZILIAN BLACK BEANS AND VEGETABLES

THIS MEATLESS TAKE ON FEIJOADA (FAY-ZWHA-DUH)—THE NATIONAL DISH OF BRAZIL—MAKES FOR A VERY HEARTY MEAL. SERVE WITH HOT COOKED RICE IF YOU LIKE.

PREP: 1 HOUR 30 MINUTES **SOAK:** 8 HOURS **COOK:** 30 MINUTES
PROCESS: 1 HOUR 15 MINUTES **MAKES:** 5 QUARTS

- 2 cups dried black beans
- 2 cups water
- 4 medium sweet potatoes, peeled and cut into 1-inch pieces
- 4½ cups chopped, seeded tomatoes
- 3 cups coarsely chopped red sweet peppers (3 large)
- 3 cups coarsely chopped yellow sweet peppers (3 large)
- 2 cups chopped onions (2 large)
- 1 cup finely chopped celery (2 stalks)
- 2 teaspoons finely shredded orange peel
- 1 cup fresh orange juice
- 2 teaspoons ground cumin

- 1¼ teaspoons salt
- 1 teaspoon dried thyme, crushed
- 1 teaspoon dried oregano, crushed
- 1 teaspoon ground coriander
- ½ teaspoon ground chipotle chile pepper
- 6 cloves garlic, minced
- 1 pound collard greens, stems removed and chopped

1. Soak black beans in enough water to cover for 8 hours or overnight. Drain and rinse beans; transfer to a large saucepan and cover with fresh water by 3 inches. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes. Drain beans.

2. In a 6- to 8-quart pot bring the 2 cups fresh water to boiling. Add sweet potatoes; cook for 3 minutes. Add beans, tomatoes, sweet peppers, onions, celery, orange peel, orange juice, cumin, salt, thyme, oregano, coriander, ground chipotle pepper, and garlic. Bring to boiling. Add greens. Cover and cook for 1 minute.

3. Ladle hot mixture into hot sterilized quart canning jars, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 75 minutes (start timing when canner reaches 10 or 11 pounds pressure), adjusting for altitude. Allow pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks. Check lids for seal after 24 hours.

5. To serve, place contents of one jar in a medium saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1

additional minute for each additional 1,000 feet of elevation). Season with additional salt.

PER ½ CUP: 104 cal., 1 g fat (0 g sat. fat), 0 mg chol., 144 mg sodium, 21 g carb., 5 g fiber, 5 g pro.

CANNING VEGETABLES

To clean vegetables prior to processing, wash fresh vegetables with cool, clear tap water; scrub firm vegetables with a clean produce brush to remove any dirt. The volume of foods packed in jars filled with the raw-pack method may be considerably less after canning. Processing forces air from the vegetables as well as the jars, reducing the volume.

BEANS: BUTTER OR LIMA

PREPARATION: Allow 4 pounds unshelled beans per quart. Wash, shell, rinse, drain, and sort beans by size.

PRESSURE CANNING, RAW-PACK: Fill jars with beans; do not shake down. Add boiling water, leaving a 1-inch headspace for pints, 1¼-inch for large beans in quarts, and 1½-inch for small beans in quarts. Process pints for 40 minutes and quarts for 50 minutes.

PRESSURE CANNING, HOT-PACK: Cover beans with boiling water; return to boiling. Fill jars loosely with beans and cooking liquid, leaving a 1-inch headspace. Process pints for 40 minutes and quarts for 50 minutes.

BEANS: GREEN, ITALIAN, SNAP, OR WAX

PREPARATION: Allow 2 pounds per quart. Wash; remove ends and strings. Leave whole or cut into 1-inch pieces.

PRESSURE CANNING, RAW-PACK: Pack beans tightly in jars; add boiling water, leaving a 1-inch headspace. Process pints for 20 minutes and quarts for 25 minutes.

PRESSURE CANNING, HOT-PACK: Cover beans with boiling water; return water to boiling. Boil for 5 minutes. Loosely fill jars with beans and cooking liquid, leaving a 1-inch headspace. Process pints for 20 minutes and quarts for 25 minutes.

BEETS

PREPARATION: Allow 2½ pounds (without tops) per quart. Trim off beet tops, leaving 1 inch of stem and roots to reduce bleeding of color. Scrub well. Cover with boiling water. Boil about 15 minutes or until skins slip off easily; cool. Peel; remove stem and roots. Leave baby beets whole. Cut medium or large beets into ½-inch cubes or slices. Halve or quarter large slices.

PRESSURE CANNING, RAW-PACK: Not recommended.

PRESSURE CANNING, HOT-PACK: Pack hot jars to 1 inch from the top with beets. Cover beets with boiling water, leaving a 1-inch headspace. Process pints for 30 minutes and quarts for 35 minutes.

CARROTS

PREPARATION: Use 1- to 1¼-inch-diameter carrots (larger carrots may be too fibrous). Allow 2 to 3 pounds per quart. Wash, trim, peel, and rinse again. Leave tiny ones whole; slice or dice larger carrots.

PRESSURE CANNING, RAW-PACK: Fill jar tightly to 1 inch from the top with raw carrots. Add boiling water, leaving a 1-inch headspace. Remove air bubbles. Process pints for 25 minutes and quarts for 30 minutes.

PRESSURE CANNING, HOT-PACK: Cover carrots with boiling water; return water to boiling. Reduce heat; simmer for 5 minutes. Fill jars with carrots and cooking liquid, leaving a 1-inch headspace. Process pints for 25 minutes and quarts for 30 minutes.

CORN, WHOLE KERNEL

PREPARATION: Allow 4½ pounds per quart. Remove husks. Scrub with a vegetable brush to remove silks. Wash and drain.

PRESSURE CANNING, RAW-PACK: Cover ears with boiling water; boil 3 minutes. Cut corn from cobs at three-quarters depth of kernels; do not scrape. Pack loosely in jars (do not shake or press down). Add boiling water, leaving a 1-inch headspace. Process pints for 55 minutes and quarts for 85 minutes.

PRESSURE CANNING, HOT-PACK: Cover ears with boiling water; return to boiling and boil 3 minutes. Cut corn from cobs at three-quarters depth of kernels; do not scrape. Bring to boiling 1 cup water for each 4 cups corn. Add corn; simmer 5 minutes. Fill jars with corn and liquid, leaving a 1-inch headspace. Process pints for 55 minutes and quarts for 85 minutes.

PEPPERS, HOT

PREPARATION: Select firm jalapeño or other chile peppers; wash. Halve large peppers. Remove stems, seeds, and membranes (see tip). Place, cut sides down, on a foil-lined baking sheet. Bake in a 425°F oven for 20 to 25 minutes or until skins are bubbly and brown. Cover peppers or wrap in foil and

let stand about 15 minutes or until cool. With a paring knife, pull the skin off gently and slowly.

PRESSURE CANNING, RAW-PACK: Not recommended

PRESSURE CANNING, HOT-PACK: Pack peppers in pint jars. Add boiling water, leaving a 1-inch headspace. Process pints for 35 minutes.

PEPPERS, SWEET

PREPARATION: Select firm green, bright red, or yellow peppers; wash. Remove stems, seeds, and membranes. Place, cut sides down, on a foillined baking sheet. Bake in a 425°F oven for 20 to 25 minutes or until skins are bubbly and brown. Cover peppers or wrap in foil and let stand about 15 minutes or until cool. With a paring knife, pull the skin off gently and slowly.

PRESSURE CANNING, RAW-PACK: Not recommended

PRESSURE CANNING, HOT-PACK: Quarter large pepper pieces or cut into strips. Loosely pack pint jars to 1 inch from the top. Add boiling water, leaving a 1-inch headspace. Process pints for 35 minutes.

***For a dial-gauge canner, use 11 pounds of pressure; for a weighted-gauge canner, use 10 pounds of pressure. Add 1 additional minute to processing time for each additional 1,000 feet.**

NOTE: Add salt if desired: ¼ to ½ teaspoon for pints and ½ to 1 teaspoon for quarts.

CANNING JAMS

GRAPE JAM

SWEET Toast FOR BREAKFAST

FIG JAM

SPICED BLUEBERRY JAM

it's like dessert in a jar

CARAMEL APPLE JAM

DRIED APRICOT-FIG JAM WITH ANISE

JEWEL-TONE JARS OF SPREADABLE FRUITS FOR USES FAR BEYOND TOAST

JAMS WITH PECTIN

Blackberry-Plum Jam with Vanilla Bean
Blackberry-Port Jam
Blueberry Mojito Jam
Bourbon-Peach Jam
Cardamom-Peach Jam
Chipotle-Peach Jam
Fig Jam
Fresh Blackberry Jam
Homemade Strawberry Jam
Mango-Scotch Bonnet Jam
Nectarine and Vanilla Bean Jam
Nectarine-Mango Jam
Peach Jam
Peppered Plum Jam
Raspberry Jam
Rhubarb and Rose Petal Jam
Rosemary-Lime Honeydew Jam
Spiced Blueberry Jam
Strawberry-Balsamic Pink Peppercorn Jam
Strawberry-Ginger Ale Jam
Strawberry-Kumquat Jam
Strawberry-Marsala-Thyme Jam
Sweet Basil-Peach Jam
Sweet Cherry Jam

JAMS WITHOUT PECTIN

Caramel Apple Jam
Cinnamon-Spiced Triple Berry Jam
Gooseberry-Mango Jam

Grape Jam

LOWER-SUGAR JAMS

Dried Apricot-Fig Jam with Anise
Golden Salsa Jam
Honey and Thyme Blackberry Jam
Lower-Sugar Spiced Raspberry Pomegranate Jam

TIPS AND TECHNIQUES

blueberries, for jams
consistency of jams, troubleshooting
flowers, edible
foam, removing
gifts, jam as
honey, crystallization
lemons, in jams
pomegranates, preparing
pots, for jam
screw bands, removing for jam storage
screw bands, tightening
seals on jars, testing
standing, to set up jam
steps for making jam

THE BASICS OF

JAM

JAMS ARE MADE BY COOKING CRUSHED OR CHOPPED FRUITS WITH SUGAR UNTIL THICK AND THE FRUIT IS SOFT AND SPREADABLE. ALTHOUGH CHUNKS OF FRUIT ARE DESIRABLE, THE JAM ITSELF IS DOES NOT HOLD THE SHAPE OF THE JAR AS JELLY DOES.

RULES FOR SUCCESS

Choose fruits at the peak of their flavor and ripeness. Discard any fruit with even a hint of mildew—it might spoil the whole batch. Wash the fruit well and prepare as directed in the recipe—in most cases the fruit is mashed with a potato masher.

Combine the fruit, sugar, pectin (if recipe calls for it at this point), and any flavorings in the pot. Use the size of pot specified in the recipe. The pot must be large enough so the pot will not overflow when the mixture boils.

Bring the mixture to full rolling boil that cannot be stirred down (see photo 1). Some types of pectin are added after the mixture boils. Be sure to use the type of pectin called for in the recipe and to add it when specified in the method. Different types of pectin are added at different points in the jam-making process. As the mixture boils, foam will form on the surface of the mixture. Use a metal spoon to skim off the foam (see photo 2). Fill the jars as shown in photos 3 to 5.

NO ADJUSTMENTS NEEDED

Although you may be tempted to tweak a recipe, avoid doing so when making jam. Success in jam making depends on chemical reactions between ingredients in the correct proportions. Remember these tips:

- Make the amount of jam specified in the recipe. Do not double the recipe or there may be problems with jelling or scorching in the pan.
- Use the amount of sugar specified; don't alter. Sugar interacts with pectin to create the ideal texture. It also acts as a preservative.
- Acid is needed for jelling and flavor. With low-acid fruits, the recipe will direct you to add bottled lemon juice or citric acid.

COOLING

Jams require time to set up after processing. Allow the jars to cool on the racks for 12 hours before moving them for long-term storage. Some recipes specify tilting the jars during cooling to distribute the pieces of fruit. Wait about 2 weeks before serving to give the jam time to set up.

1. Unless otherwise specified in the recipe, bring mixture to a full rolling boil. (The bubbles break the surface so rapidly you can't stir them down.)

2. Boiling makes foam. To skim off foam, gently glide a metal spoon over the surface and remove and discard the frothy bubbles.

3. For the cleanest, easiest way to fill jars with hot jam, use a canning funnel. A funnel helps prevent sticky jam from running down the outside of the jar.

4. When filling jars, leave the recommended headspace (the space between the top of the jam and the rim). Use a clean, damp cloth to wipe jar rims.

5. A magnetic wand makes transferring lids from hot water to the jars easy. Place hot lids on jars. Gently adjust screw bands over lids.

6. Cool the jars on wire racks at least 12 hours. Do not move the jars during cooling. Allow about 2 weeks before serving for the jam to set up completely.

JAM

GRAPE JAM

THE SEASON FOR CONCORD GRAPES BEGINS IN LATE SUMMER AND RUNS THROUGH MIDFALL. ALTHOUGH THERE ARE SEEDLESS VARIETIES AVAILABLE, MOST ARE QUITE SEEDY—A FOOD MILL EASILY SEPARATES THE SEEDS FROM THE PULP. TO REMOVE THE SKINS FROM THE GRAPES, SIMPLY SQUEEZE THE GRAPE UNTIL THE PULP POPS OUT. THE GRAPES THAT RETAIN THEIR SKINS GIVE THE JAM ITS BEAUTIFUL PURPLE COLOR.

PREP: 1 HOUR 5 MINUTES **COOK:** 38 MINUTES **PROCESS:** 5 MINUTES
MAKES: 6 HALF-PINTS **PHOTO**

- 3 to 3½ pounds Concord grapes
- 2 cups water
- 4½ cups sugar

1. Wash and stem grapes. Measure 8 cups. Remove skins from half of the grapes; set grape skins aside.

2. In an 8- to 10-quart heavy pot combine the skinned and unskinned grapes. Cook, covered, about 10 minutes or until very soft. Press grapes through a sieve or food mill; discard seeds and cooked skins. Measure 3 cups of strained pulp; return to pot. Stir in the uncooked grape skins and the water. Cook, covered, for 10 minutes. Uncover; stir in sugar. Bring mixture to a full rolling boil, stirring often. Boil, uncovered, for 18 to 24 minutes or until jam sheets off a metal spoon (see tip).

Remove pot from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 42 cal., 0 g fat, 0 mg chol., 0 mg sodium, 11 g carb., 0 g fiber, 0 g pro.

JAM

HOMEMADE STRAWBERRY JAM

OPT FOR PURE STRAWBERRY FLAVOR OR ONE OF THE INTERESTING TWISTS.

PREP: 40 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 9 HALF-PINTS

PHOTO

- ½ cups fresh strawberries
- 1 1.75-ounce package regular powdered fruit pectin or 6 tablespoons classic powdered fruit pectin
- ½ teaspoon butter
- 7 cups sugar

1. In an 8-quart heavy pot crush 1 cup of the strawberries with a potato masher. Continue adding berries and crushing, 1 cup at a time. Measure 5 cups crushed berries; discard or save remaining crushed berries for another use. Stir pectin and butter into the 5 cups berries in pot.

2. Bring mixture to a full rolling boil, stirring constantly. Stir in sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks. To distribute fruit, cool about

20 minutes, then gently turn and tilt jars; repeat as needed. (Do not invert the sealed jars.)

STRAWBERRY-BALSAMIC PINK PEPPERCORN JAM: Prepare as directed, except stir in ½ cup balsamic vinegar with the pectin and butter. Stir in ¼ cup pink peppercorns after skimming off the foam. Stir jam before serving. Makes 9 half-pints.

STRAWBERRY-GINGER ALE JAM: Prepare jam as directed, except stir in ½ cup ginger ale or strawberry-flavor carbonated beverage after skimming off foam. Makes 9 half-pints.

STRAWBERRY-MARSALA-THYME JAM: Prepare as directed, except stir in ½ cup Marsala wine with the pectin and butter. Stir in ¼ cup snipped fresh thyme after skimming off foam. Makes 9 half-pints.

STRAWBERRY-KUMQUAT JAM: In a small stainless-steel, enamel, or nonstick heavy saucepan combine 1 cup quartered kumquats (large seeds removed) and 1 cup water. Bring to boiling; reduce heat. Simmer, covered, about 20 minutes or until kumquats are tender. Drain kumquats. Prepare jam as directed, except reduce the amount of crushed strawberries to 4 cups and add the kumquats after crushing the berries. Makes about 9 half-pints.

PER 1 TABLESPOON ALL VARIATIONS: 39 cal., 0 g fat, 0 mg chol., 1 mg sodium, 10 g carb, 0 g fiber, 0 g pro.

LET IT STAND

Jam making can require a bit of patience. Jam might not appear to be fully set immediately after canning. If not, let it stand for a few days up to 2 weeks to allow it to achieve a desired, spreadable consistency.

JAM

PEACH JAM

IF YOU LIKE, CHOP THE PEACHES IN A FOOD PROCESSOR. PLACE SMALL BATCHES OF CUT-UP, PEELED PEACHES IN A FOOD PROCESSOR. COVER AND PROCESS WITH ON/OFF PULSES UNTIL PEACHES ARE CHOPPED TO THE DESIRED SIZE.

PREP: 30 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 7 HALF-PINTS

- 7 cups sugar
- 4 cups finely chopped, peeled ripe peaches (about 3 pounds) (see How to Peel Peaches)
- ¼ cup bottled lemon juice
- ½ of a 6-ounce package (1 foil pouch) liquid fruit pectin

1. In a 6- to 8-quart heavy pot combine sugar, peaches, and lemon juice. Bring to boiling over medium heat, stirring to dissolve sugar. Quickly stir in pectin. Bring to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

2. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks, turning and tilting jars after 20

minutes to distribute fruit evenly throughout the jam. Repeat as necessary. (Do not invert sealed jars.)

CARDAMOM-PEACH JAM: Prepare as directed, except stir ¾ teaspoon freshly ground cardamom into the peach mixture after skimming off foam.

SWEET BASIL-PEACH JAM: Prepare as directed, except stir ½ cup snipped fresh basil into the peach mixture after skimming off foam.

BOURBON-PEACH JAM: Prepare as directed, except add ½ cup bourbon with the sugar, peaches, and lemon juice in Step 1.

CHIPOTLE-PEACH JAM: Prepare as directed, except add 2 finely chopped chipotle chile peppers in adobo sauce to the sugar, peaches, and lemon juice in Step 1.

PER 1 TABLESPOON ALL VARIATIONS: 54 cal., 0 g fat, 0 mg chol., 0 mg sodium, 14 g carb., 0 g fiber, 0 g pro.

JAM

SWEET CHERRY JAM

FOR A VERY SPECIAL BREAKFAST, SPREAD TOAST WITH CHOCOLATE-HAZELNUT SPREAD, THEN TOP WITH THIS GORGEOUS JAM.

PREP: 35 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 6 HALF-PINTS

- 3 pounds ripe dark sweet cherries
- 1 1.75-ounce package regular powdered fruit pectin or 6 tablespoons classic powdered fruit pectin
- 1 teaspoon finely shredded lemon peel
- ¼ cup bottled lemon juice
- 5 cups sugar

1. Stem, pit, and chop cherries. Measure 4 cups chopped cherries.

2. In a 6- to 8-quart heavy pot combine the chopped cherries, pectin, lemon peel, and lemon juice. Bring to a full rolling boil, stirring constantly. Stir in sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 58 cal., 0 g fat, 0 mg chol., 1 mg sodium, 15 g carb., 0 g fiber, 0 g pro.

LOVELY LEMON

Lemon heightens the natural flavors in other foods, so it is a frequent addition to jam—for the wonderful lemon essence it imparts on its own and for the flavor boost it gives to the fruit with which it's combined.

JAM

RASPBERRY JAM

TO CUT THE SWEETNESS OF THE JAM, ADD 2 TABLESPOONS LEMON JUICE TO THE FRUIT MIXTURE BEFORE PROCESSING. THE FULL AMOUNT OF SUGAR IS NEEDED FOR CONSISTENCY AND TO ENSURE PROPER PRESERVATION.

PREP: 35 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 8 HALF-PINTS

PHOTO

- 12 cups fresh raspberries
- 1 1.75-ounce package regular powdered fruit pectin or 6 tablespoons classic powdered fruit pectin
- ½ teaspoon butter
- 7 cups sugar

1. In an 8-quart heavy pot crush 1 cup of the raspberries with a potato masher. Continue adding berries and crushing until you have 5 cups crushed berries. Stir in pectin and butter.

2. Bring mixture to a full rolling boil, stirring constantly. Stir in sugar. Return to full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat; quickly skim off foam with a metal spoon.

3. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when the water returns to boiling). Remove jars

from canner; cool on wire rack.

TIP: If you like, add one of the following to the fruit mixture Along with the sugar: 1 teaspoon finely shredded lemon peel, ½ teaspoon ground nutmeg, or ¼ teaspoon grated fresh ginger.

PER 1 TABLESPOON: 46 cal., 0 g fat, 0 mg chol., 1 mg sodium, 12 g carb., 1 g fiber, 0 g pro.

JAM

FRESH BLACKBERRY JAM

AMONG ITS MANY GOOD QUALITIES, BLACKBERRY JAM SHINES BRIGHTLY SERVED ALONGSIDE GAME BIRDS SUCH AS DUCK, GOOSE, AND PHEASANT.

PREP: 15 MINUTES **COOL:** 15 MINUTES **MAKES:** 2 HALF-PINTS

- 3 cups fresh blackberries
- ⅓ cup sugar
- ¼ cup sorghum or molasses
- 3 tablespoons blackberry brandy or orange juice
- ¼ cup orange juice
- 3 tablespoons cornstarch

1. In a large heavy saucepan combine blackberries, sugar, sorghum, and brandy. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes, stirring occasionally.

2. In a small bowl stir the ¼ cup orange juice into the cornstarch. Stir orange mixture into berry mixture in saucepan. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes more. Cool for 15 minutes.

3. Ladle jam into half-pint airtight storage containers. Seal and label. Store in the refrigerator for up to 2 weeks.

PER 1 TABLESPOON: 49 cal., 0 g fat, 0 mg chol., 5 mg sodium, 0 g carb., 0 g fiber, 0 g pro.

JAM

SPICED BLUEBERRY JAM

THE WARMTH OF SWEET SPICES SUCH AS CINNAMON, ALLSPICE, AND CLOVES BRINGS OUT THE BEST IN BLUEBERRIES. TRY THIS JAM SPOONED OVER GREEK YOGURT OR MAKE PB&J SANDWICH COOKIES BY SPREADING THE JAM BETWEEN TWO PEANUT BUTTER COOKIES.

PREP: 30 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 9 HALF-PINTS

- 6 cups fresh blueberries
- 2 tablespoons bottled lemon juice
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- Dash ground cloves
- 7 cups sugar
- 1 6-ounce package (2 foil pouches) liquid fruit pectin

1. In an 8- to 10-quart pot crush 1 cup of the blueberries with a potato masher. Continue adding berries and crushing until you have 4½ cups crushed berries. Stir in lemon juice, cinnamon, allspice, and cloves. Stir in sugar.

2. Bring mixture to a full rolling boil, stirring constantly. Stir in pectin. Return to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat; quickly skim off foam with a metal spoon.

3. Ladle hot jam into hot sterilized half-pint jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 41 cal., 0 g fat, 0 mg chol., 1 mg sodium, 11 g carb., 0 g fiber, 0 g pro.

THE BEAUTY OF BLUEBERRY JAM

Blueberry jam is a good beginner's jam for several reasons. The preparation is extremely simple—just remove any remaining stems and wash and drain the berries well in a colander. It doesn't even matter if you get a few squishy berries in the mix—they're fine for jam—as long as they're not bruised or spoiled. And blueberries are very high in pectin, which almost ensures that your jam will set up perfectly.

JAM

CARAMEL APPLE JAM

SLATHER THIS ON TOASTED CINNAMON RAISIN BREAD FOR A TRUE BREAKFAST TREAT.

PREP: 1 HOUR 30 MINUTES **PROCESS:** 10 MINUTES
MAKES: 6 HALF-PINTS **PHOTO**

- 4 pounds tart apples, such as Granny Smith, cored and chopped
- 1¼ cups water
- 2 tablespoons bottled lemon juice
- 3 cups granulated sugar
- 1 cup packed brown sugar
- 1 tablespoon butter
- 1 tablespoon vanilla

1. In a large saucepan combine apples, ½ cup of the water, and the lemon juice. Bring to boiling over medium-high heat, stirring constantly; reduce heat. Simmer, covered, for 25 to 30 minutes or until apples are very tender, stirring frequently. Press apples through a food mill or sieve until you have 5 cups pulp; discard skins.

2. Meanwhile, for caramel, pour granulated sugar into a 6- to 8-quart heavy pot, spreading evenly. Heat over medium-high heat until sugar begins to melt, shaking pot occasionally; do not stir. When the sugar starts to melt, reduce heat to medium-low and cook for 5 to 10 minutes or until all of the sugar is melted and

golden, stirring as necessary with a wooden spoon. Remove from heat. Carefully add the remaining ¾ cup water (caramel will spatter and become hard). Return to heat; cook and stir over medium heat until caramel is dissolved.

3. Carefully add the 5 cups apple pulp and brown sugar to caramel (again, caramel will spatter and become hard). Cook over medium heat until brown sugar and caramel are dissolved, stirring constantly. Increase heat to medium-high. Boil gently, uncovered, about 10 minutes or until mixture is thickened, stirring frequently. Remove from heat. Stir in butter and vanilla.

4. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 57 cal., 0 g fat, 0 mg chol., 3 mg sodium, 14 g carb., 1 g fiber, 0 g pro.

TESTING SEALS

There are three ways to test the seals on canning jars that have cooled completely, for 12 to 24 hours:

1. Press the center of the lid with your finger. If it springs up when released, it is not sealed.
2. Tap the lid with the bottom of a teaspoon. If it makes a dull sound, the lid is not sealed. A properly sealed lid will make a ringing, high-pitched sound.
3. Look across the lid at eye level. The lid should be concave (slightly dipped in the center). If it is flat or bulging, the jar may not be sealed.

JAM

PEPPERED PLUM JAM

FOR A QUICK AND EASY APPETIZER, MELT A BIT OF THIS SWEET-SPICY JAM TO USE AS A GLAZE ON BAKED CHICKEN WINGS.

PREP: 35 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 9 HALF-PINTS

- 4 pounds plums
- ½ cup water
- 1 1.75-ounce package regular powdered fruit pectin or 6 tablespoons classic powdered fruit pectin
- 8 cups sugar
- 2 teaspoons freshly cracked black pepper

1. Pit and finely chop plums (do not peel). In a 5- to 6-quart heavy pot combine plums and the water. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes. Remove from heat. Measure 6 cups cooked plums; return to the pot.

2. Stir pectin into plums in pot. Bring to a full rolling boil, stirring constantly. Quickly stir in sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Stir in pepper. Skim off any foam with a metal spoon.

3. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 66 cal., 0 g fat, 0 mg chol., 0 mg sodium, 17 g carb., 0 g fiber, 0 g pro.

JAM

NECTARINE AND VANILLA BEAN JAM

THE SIGNS OF A PERFECTLY RIPE NECTARINE ARE NOT SURPRISINGLY DIFFERENT FROM THOSE OF A PERFECTLY RIPE PEACH: THE FLESH SHOULD GIVE SLIGHTLY WHEN PRESSED BUT SHOULDN'T BE SOFT. IT SHOULD BE FRAGRANT AND HAVE NO GREEN COLOR AROUND THE STEM END.

PREP: 1 HOUR **PROCESS:** 5 MINUTES **MAKES:** 6 HALF-PINTS

- 3 pounds ripe nectarines
- ¼ cup bottled lemon juice
- 2 vanilla beans, split lengthwise
- 7 cups sugar
- ½ of a 6-ounce package (1 foil pouch) liquid fruit pectin

1. Bring a large saucepan of water to boiling. Fill a large bowl with ice water. Carefully lower two or three of the nectarines into the boiling water for 30 to 60 seconds. Using a slotted spoon, transfer nectarines from boiling water to ice water. When nectarines are cool enough to handle, carefully remove and discard skins. Repeat with remaining nectarines. Cut each nectarine in half; remove the pit. Chop nectarines (should have about 4 cups).

2. In a 6- to 8-quart heavy pot combine chopped nectarines and lemon juice. Use a potato masher to crush the nectarines and make a pulp. Scrape the seeds from the vanilla beans into the pot. Stir in the vanilla bean pods and the sugar.

3. Bring mixture to boiling over medium heat, stirring constantly until sugar dissolves. Increase heat to medium-high; bring mixture to a full rolling boil, stirring constantly. Quickly stir in pectin. Return to full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon. Remove and discard vanilla bean pods.

4. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks. To distribute fruit, cool about 20 minutes, then gently turn and tilt jars; repeat as needed. Do not invert the sealed jars.

PER 1 TABLESPOON: 65 cal., 0 g fat, 0 mg chol., 0 mg sodium, 17 g carb., 0 g fiber, 0 g pro.

PICK THE RIGHT POT

The best pots for cooking jam are made of stainless steel or enamel-coated cast iron. Bare cast iron or aluminum can react with acidic foods and create off flavors or leach a metallic flavor into your jam.

JAM

LOWER-SUGAR SPICED RASPBERRY POMEGRANATE JAM

POMEGRANATE SEEDS GIVE THIS SWEET-TART JAM A PLEASANT CRUNCH.

PREP: 20 MINUTES **PROCESS:** 10 MINUTES **MAKES:** 7 HALF-PINTS

- 5 pints fresh raspberries
- 4 cups sugar
- 1 teaspoon ground allspice
- 1 1.75-ounce package powdered fruit pectin for lower-sugar recipes or 3 tablespoons powdered fruit pectin for low- or no-sugar recipes
- ½ cup pomegranate seeds

1. In a 6- to 8-quart pot crush 1 cup of the berries with a potato masher. Continue adding berries and crushing until you have 5 cups crushed berries. In a small bowl stir together ¼ cup of the sugar, the allspice, and the pectin. Stir pectin mixture into mashed berries.

2. Bring mixture to a full rolling boil over high heat, stirring constantly. Stir in the remaining 3¾ cups sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring

constantly. Remove from heat. Quickly skim off any foam with a metal spoon. Stir in pomegranate seeds.

3. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 37 cal., 0 g fat, 0 mg chol., 0 mg sodium, 9 g carb., 1 g fiber, 0 g pro.

PREPARING POMEGRANATE

Pomegranates are in season from late summer through early winter. Here's how to remove the edible seeds, or arils: Cut the crown off of the pomegranate and discard; cut the remaining fruit in quarters. Place the quarters in a bowl of water to cover (this keeps the juice from spattering) and gently roll the arils out with your fingers. Discard the shells. Strain the seeds from the water in a sieve.

JAM

CINNAMON-SPICED TRIPLE BERRY JAM

STRAWBERRIES, BLUEBERRIES, AND RASPBERRIES COMBINE FOR A WINNING NO-PECTIN-STYLE JAM. IT IS A NATURAL SERVED ALONGSIDE STEAMING-HOT POPOVERS.

PREP: 30 MINUTES **COOK:** 25 MINUTES PROCESS: 10 MINUTES
MAKES: 10 HALF-PINTS

- 6 cups sugar
- 4 cups crushed strawberries
- 2 cups crushed blueberries
- 2 cups crushed raspberries
- 2 tablespoons finely shredded lemon peel
- ½ cup bottled lemon juice
- 1 teaspoon ground cinnamon

1. In a 6- to 8-quart heavy pot combine sugar, crushed strawberries, crushed blueberries, crushed raspberries, lemon peel, and lemon juice. Bring to boiling over medium heat, stirring to dissolve sugar. Boil gently, uncovered, for 25 to 30 minutes or until mixture sheets off a metal spoon (see tip), stirring frequently. Whisk in cinnamon until thoroughly combined.

2. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 37 cal., 0 g fat, 0 mg chol., 0 mg sodium, 10 g carb., 0 g fiber, 0 g pro.

JAM

ROSEMARY-LIME HONEYDEW JAM

CHOOSE MELONS THAT ARE JUST RIPE. OVERRIPE MELONS WILL CAUSE THE JAM TO BE TOO SWEET.

PREP: 35 MINUTES **PROCESS:** 10 MINUTES **MAKES:** 6 HALF-PINTS

- 6 cups cubed, seeded, peeled firm honeydew melon
- 5½ cups sugar
- ½ cup lime juice
- ½ teaspoon butter
- 1 6-ounce package (2 foil pouches) liquid fruit pectin
- 2 tablespoons finely snipped fresh rosemary

1. Place cubed melon in a food processor, half at a time, and process until smooth. Place pureed melon in a sieve and allow any excess liquid to drain from the pureed melon. Discard any liquid.

2. In a 6- to 8-quart heavy pot combine the pureed melon, sugar, lime juice, and butter. Bring to boiling over medium heat, stirring constantly until sugar dissolves; reduce heat to low. Simmer gently, uncovered, for 2 minutes, stirring frequently.

3. Increase heat to medium-high and bring to a full rolling boil, stirring constantly. Quickly stir in pectin; return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. If necessary, quickly skim off foam with a metal spoon. Stir in rosemary.

4. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars; cool on wire racks. To distribute herbs, cool about 20 minutes, then gently turn and tilt jars without inverting them. Repeat as needed.

PER 1 TABLESPOON: 49 cal., 0 g fat, 0 mg chol., 2 mg sodium, 13 g carb., 0 g fiber, 0 g pro.

JAM

RHUBARB AND ROSE PETAL JAM

TART BUT TASTY RHUBARB AND THE CRISP FLORAL FLAVOR OF ROSE PETALS CREATE A MATCH MADE IN HEAVEN. FOR A SPECIAL TREAT, SERVE THE JAM WITH TEA BISCUITS AND ROSE HIP TEA.

PREP: 45 MINUTES **STAND:** 30 MINUTES **PROCESS:** 10 MINUTES
MAKES: 7 HALF-PINTS

- 6½ cups sugar
- 1 cup water
- 4 ounces pink or red edible rose petals (6 cups)
- 2½ pounds fresh rhubarb
- 1 1.75-ounce package regular powdered fruit pectin or 6 tablespoons classic powdered fruit pectin

1. For syrup, in a stainless-steel, enamel, or nonstick 4-quart pot combine 1 cup of the sugar and the water. Cook and stir until sugar dissolves. Bring to boiling. Stir in rose petals. Remove from heat. Using the back of a wooden spoon, slightly mash rose petals. Cover and let stand for 30 minutes. Strain mixture through a fine-mesh sieve set over a large bowl. Discard petals.

2. Meanwhile, finely chop rhubarb. In the same pot combine rhubarb and the strained syrup. Bring to boiling over high heat. Reduce heat to medium; simmer about 2 minutes or until rhubarb is tender. Measure 4½ cups of the rhubarb mixture; return to the pot. Stir pectin into rhubarb mixture. Bring to a full

rolling boil over high heat, stirring constantly. Stir in the remaining 5½ cups sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER SERVING: 48 cal., 0 g fat, 0 mg chol., 1 mg sodium, 12 g carb., 0 g fiber, 0 g pro.

FLORAL NOTES

When using edible flowers such as roses, violets, pansies, nasturtiums, and lavender in salads or in cooked preparations, be sure they are unsprayed, undyed, and untreated. The best-case scenario is to source them from your own garden, but if that isn't an option, confirm with the floral shop that the flowers are safe to eat.

JAM

BLUEBERRY MOJITO JAM

TO MAKE IT EASIER TO REMOVE THE MINT, LEAVE A LONG TAIL ON THE STRING AND TIE TO THE HANDLE OF THE POT.

PREP: 35 MINUTES **PROCESS:** 10 MINUTES **MAKES:** 6 HALF-PINTS
PHOTO

- 6 cups fresh blueberries (about 2 pounds)
- 1 tablespoon finely shredded lime peel
- 3 tablespoons lime juice
- 6 fresh mint sprigs, tied together with 100-percent-cotton kitchen string
- 1 1.75-ounce package regular powdered fruit pectin or 6 tablespoons classic powdered fruit pectin
- 4 cups sugar

1. In a 6- to 8-quart heavy pot crush 1 cup of the blueberries with a potato masher. Continue adding berries and crushing until you have 4 cups crushed berries.

2. Stir lime peel, lime juice, and mint into crushed berries. Stir in pectin. Bring to a full rolling boil, stirring constantly. Stir in sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat; remove and discard mint. Quickly skim off foam with a metal spoon.

3. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 39 cal., 0 g fat, 0 mg chol., 1 mg sodium, 10 g carb., 0 g fiber, 0 g pro.

REMOVE THE RINGS

After the jars have completely cooled, remove the rings, or screw bands, and store the jars without them. Wipe the lids, jar threads, and jar surfaces to remove any food particles and water residue. Wash and thoroughly dry the rings and store separately. This is done for a couple of reasons. Rings that have moisture or food particles trapped underneath them can rust and cause contamination. It can also help you identify an improperly sealed jar in which spoilage has occurred. Spoiled food will create gases that loosen or pop the lid off. If a ring is holding it in place, it will be harder to identify. A properly sealed jar will require prying to remove the lid.

JAM

DRIED APRICOT-FIG JAM WITH ANISE

THIS INTENSELY FLAVORED MEDITERRANEAN-INSPIRED JAM IS CUSTOM-MADE FOR SERVING WITH ROAST PORK AND/OR CHEESES. USE IT AS A SANDWICH SPREAD OR SERVE IT ON A CHEESE BOARD WITH BREAD OR CRACKERS AND OLIVES.

PREP: 25 MINUTES **STAND:** 1 HOUR **COOK:** 15 MINUTES
PROCESS: 10 MINUTES **MAKES:** 11 HALF-PINTS **PHOTO**

- 1 pound dried apricots, finely chopped
- 8 ounces dried figs, stemmed and finely chopped
- 5¾ cups water
- 3¼ cups sugar
- 1 1.75-ounce package powdered fruit pectin for lower-sugar recipes or 3 tablespoons powdered fruit pectin for low- or no-sugar recipes
- 1 teaspoon finely shredded lemon peel
- ½ cup bottled lemon juice
- 1 teaspoon finely shredded orange peel
- ½ teaspoon anise seeds, crushed

1. In a 4- to 6-quart heavy pot combine dried apricots and figs; add the water. Bring to boiling; remove from heat. Cover and let stand for at least 1 hour or until dried fruit is fully plumped.

2. Return fruit mixture to boiling, stirring frequently; reduce heat. Simmer, covered, for 15 minutes, stirring occasionally. In a small bowl combine ¼ cup of the sugar and the pectin. Stir pectin mixture, lemon peel, lemon juice, orange peel, and anise seeds into fruit mixture. Bring to a full rolling boil, stirring constantly. Stir in the remaining 3 cups sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Skim off foam with a metal spoon.

3. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 30 cal., 0 g fat, 0 mg chol., 1 mg sodium, 8 g carb., 1 g fiber, 0 g pro.

SKIM THE SURFACE

As fruit cooks with sugar, pectin, and flavorings, a layer of foam forms on top of the mixture. The foam is formed by bubbles of the more liquid mixture coming up through the more viscous layer that rises to the top as the mixture starts to thicken. Foam is an aesthetic issue, but it can interfere with the headspace. Foam is largely made of air, and that air can increase the amount of headspace beyond what is designated in the recipe. Skim off as much foam as you can before ladling the jam into the hot jars.

JAM

FIG JAM

THERE ARE TWO WINDOWS FOR FRESH FIGS, BUT THEY ARE BOTH BRIEF. THE FIRST IS JUST A FEW WEEKS IN JUNE AND THE SECOND IS GENERALLY AUGUST THROUGH OCTOBER. BLACK MISSION FIGS—FRAGRANT, WITH THE ESSENCE OF PEACHES AND STRAWBERRIES—ARE THE MOST COMMON. LOOK FOR FRUIT THAT IS SLIGHTLY SOFT AND HAS NO BRUISES OR BREAKS IN THE SKIN.

PREP: 50 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 10 HALF-PINTS

- 2¾ pounds fresh Mission figs (30 to 35)
- ¾ cup bottled lemon juice
- ⅓ cup water
- 1 1.75-ounce package regular powdered fruit pectin or 6 tablespoons classic powdered fruit pectin
- 7 cups sugar

1. Rinse figs. Remove stems from figs; halve or quarter figs. Place one-third of the figs in a food processor or one-sixth in a blender. Cover and process or blend until figs are finely chopped (not pureed). Transfer figs to a large bowl. Repeat with remaining figs. Measure 5 cups finely chopped figs.

2. In an 8-quart heavy pot combine the 5 cups finely chopped figs, lemon juice, the water, and pectin.

3. Bring to a full rolling boil, stirring constantly. Add sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1

minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

4. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 45 cal., 0 g fat, 0 mg chol., 1 mg sodium, 12 g carb., 0 g fiber, 0 g pro.

JAM

HONEY AND THYME BLACKBERRY JAM

THE QUICKEST WAY TO REMOVE THYME LEAVES FROM THE WOODY STEMS: GRASP THE TOP OF A STEM WITH ONE HAND AND USE YOUR FINGERS FROM THE OTHER HAND TO STRIP OFF THE LEAVES FROM TOP TO BOTTOM.

PREP: 30 MINUTES **PROCESS:** 10 MINUTES **MAKES:** 8 HALF-PINTS

- 3¼ to 3½ pounds blackberries (9½ to 10 cups)
- 1 1.75-ounce package powdered fruit pectin for lower-sugar recipes or 3 tablespoons powdered fruit pectin for low- or no-sugar recipes
- ¼ cup sugar
- 2 cups honey
- 2 tablespoons snipped fresh thyme

1. In a 4- to 6-quart heavy pot crush 1 cup of the blackberries with a potato masher. Continue adding berries and crushing until you have 6 cups crushed berries. Stir in pectin and sugar. Bring to a full rolling boil, stirring constantly. Stir in honey. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon. Stir in thyme.

2. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 22 cal., 0 g fat, 0 mg chol., 0 mg sodium, 6 g carb., 1 g fiber, 0 g pro.

HONEY DOS

Because of its high sugar content, honey has an almost indefinite shelf life. Store honey in a tightly covered container at room temperature. If it clouds up due to sugar crystals forming (called crystallization), reliquefy it by gently heating the jar or bottle in a pan of hot water, stirring constantly. Be careful not to overheat, which can change its color and flavor.

JAM

GOLDEN SALSA JAM

THIS JAM WILL HAVE A SOFT-SET, SPOONABLE CONSISTENCY. FOR A QUICK APPETIZER, SPREAD IT ON TOASTED BAGUETTE SLICES AND SPRINKLE WITH CRUMBLED FETA OR GOAT CHEESE.

PREP: 30 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 9 HALF-PINTS

PHOTO

- 4½ cups peeled, seeded, and chopped yellow tomatoes
- ¾ cup chopped yellow or orange sweet pepper (1 medium)
- ¾ cup peeled, seeded, and chopped mango
- ⅓ cup chopped fresh banana peppers
- 2 large jalapeño chile peppers, finely chopped (do not seed) (see tip)
- ½ cup chopped yellow onion (1 medium)
- ½ cup finely snipped fresh cilantro
- ½ cup orange-carrot juice, such as Naked
- 1 teaspoon salt
- 1 tablespoon finely shredded lime peel
- ¼ cup lime juice
- 3¼ cups sugar
- 1 1.75-ounce package powdered fruit pectin for lower-sugar recipes or 3 tablespoon powdered fruit pectin for low- or no-sugar recipes

1. In an 8- to 10-quart stainless-steel, enamel, or nonstick heavy pot stir together tomatoes, sweet pepper, mango, banana peppers, jalapeño peppers, onion, cilantro, orange-carrot juice, and salt. Bring to boiling, stirring occasionally; reduce heat. Simmer, covered, for 10 minutes, stirring often. Stir in lime peel and lime juice.

2. In a small bowl combine ¼ cup of the sugar and the pectin; stir into the tomato mixture. Bring to a full rolling boil, stirring constantly. Stir in the remaining 3 cups sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 21 cal., 0 g fat, 0 mg chol., 18 mg sodium, 5 g carb., 0 g fiber, 0 g pro.

TROUBLESHOOTING TEXTURE

Some jams are meant to have a stiffer set than others. This jam is on the softer side, but what if a jam turns out tough or stiff? There could be several issues at work, including

1. Too much natural pectin in the fruit from using underripe fruit. Use fruit that is perfectly ripe.
2. Cooking the jam too long.
3. Using too much sugar. If you are not using packaged pectin, ¾ to 1 cup of sugar per 1 cup fruit or juice is the correct proportion.

JAM

MANGO-SCOTCH BONNET JAM

THE FIRE OF SCOTCH BONNET PEPPERS IS TAMED BY THE SWEETNESS OF MANGO IN THIS TROPICALLY INSPIRED JAM. USE AS A GLAZE ON GRILLED SALMON, PORK, AND CHICKEN.

PREP: 30 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 9 HALF-PINTS

- 5 medium ripe mangoes (about 4 pounds)
- 2 tablespoons lime juice
- 2 medium fresh Scotch bonnet or habanero peppers, seeded and minced (see tip)
- 7½ cups sugar
- ½ of a 6-ounce package (1 foil pouch) liquid fruit pectin

1. Seed and peel the mangoes. Crush the mangoes with a potato masher until smooth. Measure 4 cups crushed mango pulp; transfer to a 6-quart pot.

2. Stir lime juice and peppers into mango pulp; stir in sugar. Bring to boiling over medium heat, stirring to dissolve sugar. Quickly stir in pectin. Bring to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 52 cal., 0 g fat, 0 mg chol., 0 mg sodium, 13 g carb., 0 g fiber, 0 g pro.

JAM

GOOSEBERRY-MANGO JAM

TART, STRIATED GREEN GOOSEBERRIES ARE IN SEASON MOSTLY IN JUNE AND JULY. THEY'RE A NOSTALGIC FRUIT FOR MANY PEOPLE AND ARE NOT GROWN COMMERCIALLY ON A LARGE SCALE. IF YOU DO FIND THEM—MOST LIKELY AT A FARMER'S MARKET—MAKE A PIE OR THIS UNUSUAL JAM.

PREP: 30 MINUTES **COOK:** 30 MINUTES **PROCESS:** 10 MINUTES
MAKES: 6 HALF-PINTS

- 6 cups fresh or frozen gooseberries, stems removed
- ½ cup water
- 6 cups sugar
- 2 cups finely chopped, peeled mangoes
- ¼ cup bottled lemon juice

1. Thaw gooseberries if frozen. Remove and discard stems from gooseberries.

2. In a 6- to 8-quart heavy pot combine half of the gooseberries and the water. Crush berries slightly with a potato masher. Stir in the remaining gooseberries, sugar, mangoes, and lemon juice. Bring to boiling over medium heat, stirring constantly to dissolve sugar; reduce heat. Boil gently, uncovered, for 30 to 40 minutes or until mixture is thickened and sheets off a metal spoon (see tip), stirring frequently (jam will be a darker red in

color). Remove from heat and quickly skim off foam with a metal spoon.

3. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 59 cal., 0 g fat, 0 mg chol., 0 mg sodium, 15 g carb., 0 g fiber, 0 g pro.

A GIFT OF JAM

Although it's recommended that jars be stored without rings (see note), you can screw them back on loosely if you intend to give a jar of jam as a gift. For a classic presentation, cut a circle of fabric with pinking shears about 1 inch larger in circumference than that of the jar lid. Place over the top of the lid, then lightly screw on the ring.

JAM

BLACKBERRY-PLUM JAM WITH VANILLA BEAN

JAM IS ALWAYS EXCELLENT ON TOAST, BUT THERE ARE SO MANY OTHER CREATIVE WAYS TO USE IT. SPOON ON TOP OF SHORTBREAD, SPREAD BETWEEN CAKE LAYERS (WITH CUSTARD FILLING OR NOT), AND LIVEN UP A STREUSEL-TOPPED BAR COOKIE WITH YOUR FAVORITE FLAVOR.

PREP: 40 MINUTES **PROCESS:** 10 MINUTES **MAKES:** 8 HALF-PINTS
PHOTO

- 2 pounds fresh plums, pitted and finely chopped
- ½ cup water
- 7½ cups sugar
- 1¾ cups fresh blackberries, crushed (1 cup)
- ½ teaspoon vanilla bean paste
- ½ of a 6-ounce package (1 foil pouch) liquid fruit pectin

1. Place plums and the water in a medium saucepan. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes. Measure 3 cups plum mixture.

2. Transfer plum mixture to a 6- to 8-quart heavy pot. Stir in sugar, crushed blackberries, and vanilla bean paste. Bring to boiling over medium heat, stirring constantly. Quickly stir in pectin. Bring to a full rolling boil, stirring constantly. Boil hard

for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 57 cal., 0 g fat, 0 mg chol., 0 mg sodium, 15 g carb., 0 g fiber, 0 g pro.

JAM

NECTARINE-MANGO JAM

NECTARINES ARE DISTINGUISHED FROM PEACHES PRIMARILY BECAUSE THEIR SMOOTH SKIN DOESN'T ALWAYS NEED TO BE PEELED. IN FACT, NECTARINE PEEL ADDS BEAUTIFUL FLECKS TO THIS JAM.

PREP: 40 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 7 HALF-PINTS

PHOTO

- 2 cups finely chopped nectarines or peeled peaches
- ¼ cup bottled lemon juice
- 7½ cups sugar
- 2 cups finely chopped, peeled mangoes
- ½ of a 6-ounce package (1 foil pouch) liquid fruit pectin

1. In a 6- to 8-quart heavy pot combine nectarines and lemon juice. Crush nectarines with a potato masher. Stir in sugar and mangoes.

2. Bring to boiling over medium heat, stirring to dissolve sugar. Quickly stir in pectin. Bring to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from

canner; cool on wire racks, turning and tilting jars after 20 minutes to distribute fruit evenly throughout the jam. Repeat as necessary. (Do not invert the sealed jars.)

PER 1 TABLESPOON: 69 cal., 0 g fat, 0 mg chol., 0 mg sodium, 18 g carb., 0 g fiber, 0 g pro.

HOW TIGHT IS RIGHT?

It's important when placing the lids on the jars before processing that they are not too tight. After centering the lid on the jar, screw the band down only fingertip tight. Turn just until you feel resistance, then turn the band one-quarter more. Air is actually forced out of the jar during processing, and if the lid is too tight, it can't escape. Additionally, do not tighten the lids further after processing. Hot air needs to escape the jar as it cools in order to create a vacuum seal.

JAM

BLACKBERRY-PORT JAM

PORK IS A NATURAL PAIRED WITH FRUIT. USE THIS PORT-INFUSED JAM IN A PAN SAUCE FOR PORK CHOPS OR BRUSH ON A PORK ROAST AS A GLAZE THE LAST 10 TO 15 MINUTES OF ROASTING TIME.

PREP: 35 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 6 HALF-PINTS

- 4 cups blackberries
- 1 1.75-ounce package regular powdered fruit pectin or 6 tablespoons classic powdered fruit pectin
- 1 cup vintage port
- ¼ teaspoon ground cloves
- 5½ cups sugar

1. Place the blackberries in an 8- to 10-quart heavy pot. Use a potato masher to crush the berries slightly. Stir in pectin, port, and cloves.

2. Bring to a full rolling boil, stirring constantly. Add the sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from

canner; cool on wire racks until set.

PER 1 TABLESPOON: 51 cal., 0 g fat, 0 mg chol., 0 mg sodium, 12 g carb., 0 g fiber, 0 g pro.

CANNING JELLIES

HONEY-CHIANTI JELLY

PEACH MELBA JELLY

spice it up

JASMINE TEA JELLY

JALAPEÑO-PEACH JELLY

PEANUT BUTTER AND Jelly

GERANIUM-APPLE JELLY

FRUIT JUICE JELLED INTO SPARKLING, LET-THE-LIGHT-THROUGH SPREADS

FRUIT JELLIES

Apple-Blueberry Jelly
Apricot-Rosemary Jelly
Blood Orange–Vanilla Bean Jelly
Geranium-Apple Jelly
Grape Juice Jelly
Lemon-Honey Jelly
Lemon-Lavender Jelly
Old-Fashioned Grape Jelly
Peach Melba Jelly
Pomegranate Jelly
Ruby Red Grapefruit Jelly
Sour Cherry and Amaretto Jelly
Spearmint-Orange Jelly
Lower-Sugar Margarita Jelly

PEPPER JELLIES

Cranberry-Jalapeño Pepper Jelly
Habanero-Mint Jelly
Jalapeño-Peach Jelly
Poblano-Jalapeño Jelly

WINE, CIDER, AND TEA JELLIES

Balsamic Vinegar-Ruby Port Jelly
Cider ’n’ Spice Jelly
Honey-Chianti Jelly
Jasmine Tea Jelly
Rosé Wine Jelly with Pink Peppercorns

TIPS

butter, adding to reduce foam
citrus, juicing
darkening of jellies, with storage
donuts, jelly
fruit juices, for jellies
jelly bags
jelly-making pointers
labels for home-canned foods
pectin, liquid
pectin, naturally occurring
pectin, regular, powdered
peppercorns, pink
sheeting
spoilage, in home-canned foods
wine, in jellies

THE BASICS OF

JELLY

SHIMMERING JELLIES ARE MADE FROM FRUIT JUICE, SUGAR, AND PECTIN (EITHER NATURALLY OCCURRING IN FRUIT OR PACKAGED). ALTHOUGH JELLIES CAN BE MADE WITH PURCHASED JUICE, IT'S EVEN MORE SATISFYING TO START WITH FRESH FRUIT AND EXTRACT THE JUICE, AS IS DONE HERE.

APPLE-BLUEBERRY JELLY

PREP: 50 MINUTES **COOK:** 35 MINUTES **STAND:** 30 MINUTES
PROCESS: 5 MINUTES **MAKES:** 3 HALF-PINTS

- 9 medium Granny Smith apples (3 pounds)
- 5 cups fresh blueberries (2 pounds)
- 3 cups water
- 3 cups sugar

1. Coarsely chop the apples (do not peel or core). Place blueberries in a 10-quart pot; crush slightly with a potato masher (see photo 1). Add apples and the water to blueberries in pot. Bring to boiling. Boil gently, uncovered, for 20 minutes, stirring occasionally.

2. Line a large colander or sieve with a double layer of 100-percent-cotton cheesecloth. Place colander over a large bowl. Pour apple mixture into colander (see photo 2). Let stand about 30 minutes or until juices stop dripping (avoid squeezing

cheesecloth to remove the juice as this can cause cloudy jelly). Measure 4 cups juice. Discard apples and blueberries remaining in colander.

3. In the same pot combine the apple-blueberry juice and the sugar. Bring to a full rolling boil, stirring to dissolve sugar. Boil hard, uncovered, about 15 minutes or until jelly sheets off of a metal spoon and reaches 220°F (see photo 3). Remove pot from heat. Quickly skim off foam with a metal spoon.

4. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove the jars from the canner; cool on wire racks until set.

PER 1 TABLESPOON: 75 cal., 0 g fat, 0 mg chol., 1 mg sodium, 20 g carb., 1 g fiber, 0 g pro.

1. Use a potato masher to crush the blueberries. The crushed fruit will release more juices than whole berries during cooking.

2. Let the fruit mixture drain in a cheesecloth-lined sieve placed over a bowl to catch the juice. Do not press the fruit to rush the process.

3. Boil the jelly until it will slide from a metal spoon in sheets rather than drips. This is called sheeting. Or check the temperature of the mixture with a candy thermometer. It should register 220°F.

NATURAL PECTIN

Pectin occurs naturally in many fruits, and because apples are high in pectin, they are often used in jelly recipes without pectin. These jellies must be cooked to 220°F or until they sheet (see photo 3). This will ensure that the pectin has developed enough to create a gel. Jellies should hold their shape when slipped from the jar.

JELLIES

PEACH MELBA JELLY

IN ITS PUREST AND ORIGINAL FORM, PEACH MELBA IS A DESSERT OF PEACHES WITH RASPBERRY SAUCE AND VANILLA ICE CREAM CREATED IN 1893 BY A FRENCH CHEF AT THE SAVOY HOTEL IN LONDON IN HONOR OF AN AUSTRALIAN SOPRANO, NELLIE MELBA. NOW, HOWEVER, ANYTHING "MELBA" SIMPLY IMPLIES A COMBINATION OF PEACHES AND RASPBERRIES.

PREP: 20 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 10 HALF-PINTS
PHOTO

- 3 cups fresh raspberries
- 2½ cups peach nectar
- ¼ cup bottled lemon juice
- 7½ cups sugar
- 1 6-ounce package (2 foil pouches) liquid fruit pectin

1. Place raspberries in a blender. Cover and blend until smooth. Press pureed berries through a fine-mesh sieve; discard seeds. Measure 1 cup sieved puree.

2. In an 8-quart stainless-steel, enamel, or nonstick heavy pot combine sieved puree, peach nectar, and lemon juice. Stir in sugar. Bring to a full rolling boil, stirring constantly. Quickly stir in pectin. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 39 cal., 0 g fat, 0 mg chol., 1 mg sodium, 10 g carb., 0 g fiber, 0 g pro.

A SURPRISE INSIDE

Homemade jelly is the perfect filling for small donuts, such as sufganiyot (see photo), a traditional treat served during Hanukkah. A general recipe for jelly donuts is to roll a sweet yeast dough to a ¼-inch thickness. Use a 2½-inch biscuit cutter to cut out circles. Place about ½ teaspoon jelly on half of the circles. Moisten the edges with water, then cover with another circle and press to seal. Fry donuts, two or three at a time, in deep hot oil (365°F) until golden, turning once. Drain on paper towels; cool on wire racks.

JELLIES

GERANIUM-APPLE JELLY

SCENTED GERANIUMS COME IN AN ARRAY OF WONDERFUL AROMAS, INCLUDING LEMON, CINNAMON, NUTMEG, CHOCOLATE MINT, PEPPERMINT, GINGER, LIME, AND APRICOT. WHICHEVER SCENT YOU CHOOSE, BE SURE THEY ARE UNSPRAYED AND SAFE TO EAT.

PREP: 1 HOUR 15 MINUTES **COOK:** 15 MINUTES **STAND:** 2 HOURS
PROCESS: 5 MINUTES **MAKES:** 10 HALF-PINTS **PHOTO**

- 5 pounds cooking apples, such as Braeburn, Granny Smith, or Rome Beauty
- 5 cups water
- 1 1.75-ounce package regular powdered fruit pectin or 6 tablespoons classic fruit pectin
- 9 cups sugar
- 6 sprigs edible scented geranium

1. Discard apple stems and blossom ends. Cut apples into small pieces (do not peel or core). Place apple pieces in an 8-quart heavy pot; add the water. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes. Using a potato masher or the back of a large spoon, crush cooked apples. Simmer, covered, for 5 minutes more, stirring occasionally.

2. Line an extra-large colander or strainer with 100-percent-cotton cheesecloth. Place colander over an extra-large bowl. Pour apples and cooking liquid into colander. Let stand at room temperature about 2 hours or until juice stops dripping. Press

apple mixture gently with the back of a spoon. Measure 7 cups juice.* Discard apples remaining in colander.

3. Pour the juice into the same 8-quart pot; stir in pectin. Bring to a full rolling boil. Stir in sugar. Return to full rolling boil. Boil hard for 1 minute. Gently stir the geranium sprigs through the liquid for about 30 seconds. Press the sprigs against the side of the pot to release all of their flavor. Remove sprigs from the juice mixture.

4. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

***TIP:** If you don't have 7 cups apple juice, add enough bottled apple juice to equal 7 cups total liquid. Do not attempt to make this jelly with all bottled apple juice; it will not set properly.

PER 1 TABLESPOON: 52 cal., 0 g fat, 0 mg chol., 1 mg sodium, 14 g carb., 0 g fiber, 0 g pro.

JELLIES

OLD-FASHIONED GRAPE JELLY

THE GRAPES FOR THIS JELLY SHOULD BE AT TWO STAGES OF RIPENESS. THE LESS-RIPE GRAPES CONTRIBUTE MORE PECTIN, HELPING THE JELLY TO SET. THE RIPER GRAPES LEND A RICHER, FULLER FLAVOR TO THE JELLY.

PREP: 55 MINUTES **STAND:** 4 HOURS 30 MINUTES **CHILL:** 12 HOURS
COOK: 20 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 5 HALF-PINTS

- 6 pounds Concord grapes (use about 4½ pounds fully ripe grapes plus about 1½ pounds firm, slightly less ripe grapes)
- ¾ cup water
- 3¾ cups sugar

1. Wash and stem grapes. In a 6- to 8-quart heavy pot crush grapes with a potato masher. Add the water. Bring to boiling; reduce heat. Simmer, covered, about 10 minutes or until grapes are very soft.

2. Line a colander or sieve with several layers of 100-percent-cotton cheesecloth. Place colander over a large bowl. Pour grapes and cooking liquid into colander. Let stand at room temperature for 4½ hours. Measure 7 cups grape juice. Discard

seeds and cooked skins remaining in colander. Cover and chill the juice for 12 to 14 hours.

3. Remove juice from refrigerator. Using clean cheesecloth, line a colander or sieve again with several layers of 100-percent-cotton cheesecloth; set colander over a large bowl. Strain juice through the cheesecloth, being careful to strain out sediment; discard cheesecloth.

4. Place chilled juice in the same 6- to 8-quart heavy pot. Add sugar. Bring to a full rolling boil, stirring to dissolve sugar. Boil hard, uncovered, about 20 minutes or until jelly sheets off a metal spoon and reaches 220°F (see tip). Remove pot from heat. Quickly skim off foam with a metal spoon.

5. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

6. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 62 cal., 0 g fat, 0 mg chol., 1 mg sodium, 16 g carb., 1 g fiber, 0 g pro.

JELLIES

POMEGRANATE JELLY

UNLESS YOU WANT TO PRESS YOUR OWN POMEGRANATE JUICE FROM FRESH FRUIT, THIS JELLY MADE FROM BOTTLED JUICE INVOLVES ALMOST NO PREP—JUST MEASURE, COOK, LADLE, AND PROCESS.

PREP: 25 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 5 HALF-PINTS

- 4 cups pomegranate juice
- ¼ cup bottled lemon juice
- 1 1.75-ounce package regular powdered fruit pectin or 6 tablespoons classic powdered fruit pectin
- 4½ cups sugar

1. In a 6- to 8-quart heavy pot combine pomegranate juice and lemon juice; sprinkle pectin over juice. Let stand for 1 to 2 minutes; stir to dissolve pectin. Bring to a full rolling boil, stirring frequently. Stir in sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

2. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks. Allow to stand at room temperature until jelly sets.

PER 1 TABLESPOON: 68 cal., 0 g fat, 0 mg chol., 2 mg sodium, 18 g carb., 0 g fiber, 0 g pro.

SEE CLEARLY NOW

Starting with bottled juice almost guarantees that the finished jelly will be beautifully clear and jewel-tone. Getting the same crystal-clear result starting with fruit from which you extract juice is a little bit trickier but not difficult. For best results, strain the cooked fruit in a cheesecloth-lined sieve or in a jelly bag (see note) without pressing or squeezing.

JELLIES

LOWER-SUGAR MARGARITA JELLY

INSTEAD OF SALSA, TRY TOPPING QUESADILLAS WITH THIS TEQUILA-SCENTED JELLY INSTEAD.

PREP: 20 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 4 HALF-PINTS

PHOTO

- 1½ cups freshly squeezed orange juice
- ¾ cup freshly squeezed lime juice
- ½ cup tequila
- 3 cups sugar
- 1 1.75-ounce package powdered fruit pectin for lower-sugar recipes or 3 tablespoons powdered fruit pectin for low- or no-sugar recipes

1. In a 6- to 8-quart pot combine orange juice, lime juice, and tequila. In a small bowl stir together ¼ cup of the sugar and the pectin. Stir into juice mixture in pot. Bring to a full rolling boil over high heat, stirring constantly. Stir in the remaining 2¾ cups sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off any foam with a metal spoon.

2. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 54 cal., 0 g fat, 0 mg chol., 0 mg sodium, 13 g carb., 0 g fiber, 0 g pro.

PUT THE SQUEEZE ON

Citrus juices—orange, lemon, lime, and grapefruit—show up frequently as both featured flavors and accents in jams, jellies, and marmalades. Especially for recipes such as this one—which calls for a lot of fresh-squeezed citrus juice—be sure to have a sturdy, easy-to-use juicer on hand. A handheld wooden reamer is simple and inexpensive but is not as efficient as a manual reamer with a strainer or a citrus squeezer with a strainer.

JELLIES

APRICOT-ROSEMARY JELLY

ROSEMARY IMPARTS A PLEASANTLY PINEY FLAVOR TO THIS GORGEOUS GOLDEN JELLY. IF YOU ARE GIVING JARS AWAY AS GIFTS, ADDING THE OPTIONAL SPRIG OF ROSEMARY TO EACH JAR IS A NICE TOUCH.

PREP: 50 MINUTES **COOK:** 20 MINUTES **PROCESS:** 5 MINUTES
MAKES: 8 HALF-PINTS

- 5 pounds ripe apricots
- 4½ cups water
- 3 3-inch sprigs fresh rosemary
- 1 1.75-ounce package regular powdered fruit pectin or 6 tablespoons classic powdered fruit pectin
- 7½ cups sugar
- 8 small sprigs fresh rosemary (optional)

1. Stem, pit, and coarsely chop apricots. Measure 18 cups chopped apricots. In a 6- to 8-quart pot combine the chopped apricots, the water, and the 3-inch rosemary sprigs. Bring to boiling; reduce heat. Cover and simmer gently about 20 minutes or until apricots are soft; cool slightly.

2. Line a large colander with several layers of 100-percent-cotton cheesecloth. Place colander over a large bowl. Pour apricots and cooking liquid into colander. Let stand until juices stop dripping. Measure 5½ cups juice, adding additional water if necessary.

3. Pour juice into the 6- to 8-quart pot. Stir in pectin. Bring to a full rolling boil, stirring constantly. Stir in sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove pot from heat. Quickly skim off foam with a metal spoon.

4. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. If desired, add a small rosemary sprig to each jar. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 59 cal., 0 g fat, 0 mg chol., 1 mg sodium, 15 g carb., 0 g fiber, 0 g pro.

JELLIES

SOUR CHERRY AND AMARETTO JELLY

SERVE THIS SWEET-TART JELLY INFUSED WITH ALMOND LIQUEUR AS A SPREAD FOR LAVASH OR WATER CRACKERS WITH A SHARP CHEESE SUCH AS MANCHEGO OR AGED WHITE CHEDDAR AND PAPER-THIN SLICES OF AIR-DRIED SALTED BEEF, ALSO CALLED BRESAOLA.

PREP: 45 MINUTES **COOK:** 10 MINUTES **STAND:** 20 MINUTES
CHILL: 4 TO 12 HOURS **PROCESS:** 5 MINUTES **MAKES:** 8 HALF-PINTS

- 3½ pounds tart red cherries, pitted
- ½ cup water
- 5 cups granulated sugar
- 2 cups packed brown sugar
- 1 tablespoon bottled lemon juice
- 1 6-ounce package (2 foil pouches) liquid fruit pectin
- ½ cup amaretto

1. In an 8-quart stainless-steel, enamel, or nonstick heavy pot combine cherries and the water. Bring to boiling over medium-high heat, stirring occasionally; reduce heat. Cover and simmer gently for 10 minutes. Remove from heat; mash cherries with a potato masher. Let stand for 20 minutes.

2. Place a fine-mesh sieve over a large bowl. Ladle cherries and cooking liquid into the sieve. Let stand until juices stop dripping. Discard the pulp and rinse the sieve. Line sieve with a double

layer of 100-percent-cotton cheesecloth. Strain the cherry juice through the cheesecloth-lined sieve; (rinse cheesecloth as necessary to remove any sediment) and repeat. Cover and chill juice for 4 to 12 hours to allow remaining sediment to settle to the bottom of the bowl.

3. Line the sieve with a clean double layer of 100-percent-cotton cheesecloth. Strain the cherry juice through the cheesecloth-lined sieve, being careful not to disturb the sediment at the bottom of the bowl. Measure 3½ cups juice (save any remaining cherry juice for another use).

4. In the same 8-quart pot combine the cherry juice, the granulated sugar, brown sugar, and lemon juice. Bring to boiling over medium heat, stirring constantly until sugar dissolves. Increase heat to medium-high; bring to a full rolling boil, stirring constantly. Stir in pectin. Return to a full rolling boil, stirring constantly. Boil for 1 minute more. Remove from heat. Stir in amaretto. Quickly skim off foam with a metal spoon.

5. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

6. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 48 cal., 0 g fat, 0 mg chol., 1 mg sodium, 12 g carb., 0 g fiber, 0 g pro.

IN THE BAG

There are two ways you can separate the fruit from the juice when making jelly: in a cheesecloth-lined sieve or in a jelly bag, a simple contraption specifically designed for this purpose. Most jelly bags are made of cotton, muslin, or mesh and come with a three-legged stand on which to suspend the bag over a bowl or shallow dish that collects the juice.

JELLIES

GRAPE JUICE JELLY

CLASSIC BOTTLED GRAPE JUICE IS MADE FROM CONCORD GRAPES, SO YOU SHOULD HAVE NO TROUBLE FINDING THE INGREDIENTS FOR THIS KID-FRIENDLY JELLY.

PREP: 30 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 5 HALF-PINTS
PHOTO

- 3 cups bottled unsweetened grape juice made with Concord grapes
- 1 1.75-ounce package regular powdered fruit pectin or 6 tablespoons classic powdered fruit pectin
- 4½ cups sugar

1. In a 6- to 8-quart heavy pot combine grape juice and pectin. Bring to a full rolling boil, stirring constantly. Stir in sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove pot from heat. Quickly skim off foam with a metal spoon.

2. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling.) Remove jars form canner; cool on wire racks.

PER 1 TABLESPOON: 64 cal., 0 g fat, 0 mg chol., 2 mg sodium, 17 g carb., 0 g fiber, 0 g pro.

LABEL AND DATE

It's important that you label your canned goods with the recipe name and the date it was canned. The label doesn't have to be fancy—a piece of masking tape and a permanent marker will do—but you will want to know what's in the jars and how long it's been in there. Properly canned food stored in a cool, dry, dark place maintains optimum eating quality for 1 year.

JELLIES

SPEARMINT-ORANGE JELLY

IF YOU GROW YOUR OWN MINT, YOU KNOW THAT IT IS A VERY PROLIFIC HERB. THIS JELLY PROVIDES ONE VERY GOOD USE FOR IT. TRY STIRRING IT INTO A CUP OF HOT TEA.

PREP: 25 MINUTES **STAND:** 20 MINUTES **PROCESS:** 5 MINUTES
MAKES: 4 HALF-PINTS

- 1 cup loosely packed fresh spearmint leaves
- 2 cups orange juice
- 4 cups sugar
- ¼ cup cider vinegar or bottled lemon juice
- ½ of a 6-ounce package (1 foil pouch) liquid fruit pectin

1. Place spearmint leaves in a medium bowl. In a large stainless-steel, enamel, or nonstick heavy saucepan bring orange juice to boiling; pour over mint leaves. Let stand at room temperature for 20 to 30 minutes. Line a fine-mesh sieve with a paper coffee filter; place strainer over a small bowl. Strain juice through sieve, pressing mint to thoroughly extract liquid. Discard mint.

2. Pour juice into the saucepan. Add sugar and vinegar. Bring to boiling, stirring until sugar dissolves. Quickly stir in pectin. Return to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove saucepan from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 30 cal., 0 g fat, 0 mg chol., 0 mg sodium, 8 g carb., 0 g fiber, 0 g pro.

JELLIES

JALAPEÑO-PEACH JELLY

THIS CLASSIC PEPPER JELLY HAS THE ADDED ESSENCE OF PEACHES. LEAVE THE JALAPEÑO SEEDS IN IF YOU LIKE A LOT OF HEAT IN YOUR PEPPER JELLY.

PREP: 40 MINUTES **COOK:** 20 MINUTES **PROCESS:** 5 MINUTES
STAND: 30 MINUTES + 2 DAYS **MAKES:** 5 HALF-PINTS

- 2 pounds peaches, peeled, pitted, and chopped
- 1 cup cider vinegar
- 3 to 4 fresh jalapeño chile peppers, seeded (if desired) and coarsely chopped (see tip)
- 5 cups sugar
- ½ of a 6-ounce package (1 foil pouch) liquid fruit pectin

1. Place peaches in a large stainless-steel, enamel, or nonstick saucepan. Use a potato masher to crush peaches. Add vinegar and jalapeños. Bring to boiling over high heat; reduce heat. Cover and simmer about 20 minutes or until peaches and peppers are very soft.

2. Line a colander with several layers of 100-percent-cotton cheesecloth. Place colander over a large bowl. Pour peach mixture into colander. Let stand about 30 minutes or until juices stop dripping. (Or use a jelly bag to strain the mixture.) Measure 2 cups strained liquid. Discard peaches and jalapeños remaining in strainer.

3. In the same large saucepan combine the strained liquid and the sugar. Bring to a full rolling boil over high heat, stirring constantly. Quickly stir in pectin. Return to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove saucepan from heat. Quickly skim off foam with a metal spoon.

4. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks. Let stand at room temperature for 2 to 3 days to set.

PER 1 TABLESPOON: 54 cal., 0 g fat, 0 mg chol., 0 mg sodium, 14 g carb., 0 g fiber, 0 g pro.

USING LIQUID PECTIN

Although it might seem that you could swap types of pectin in a recipe, always use the exact type specified. Sometimes labeled "liquid pectin," this product comes already dissolved, so it blends into cooked mixtures easily. It is different from instant pectin, which dissolves easily and is the choice for no-cook freezer jams. It also helps lock in the fresh flavors of the fruit.

JELLIES

JASMINE TEA JELLY

TAKE YOURSELF OUT OF THE FRUIT JELLY PARADIGM WITH THIS SPARKLING FLORAL SPREAD MADE FROM AROMATIC TEA SPIKED WITH GINGER.

PREP: 30 MINUTES **STAND:** 5 MINUTES **PROCESS:** 10 MINUTES
MAKES: 6 HALF-PINTS **PHOTO**

- 4 cups water
- 1 tablespoon minced fresh ginger
- ¼ cup loose-leaf jasmine green tea
- 1 1.75-ounce package regular powdered fruit pectin or 6 tablespoons classic powdered fruit pectin
- ¼ cup bottled lemon juice
- 5 cups sugar

1. In a medium saucepan combine the water and ginger. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes. Remove from heat; stir in tea. Cover and let stand for 5 minutes. Pour mixture through a fine-mesh sieve into a large liquid measuring cup; discard solids. Measure 3½ cups liquid, adding water or discarding liquid if necessary.

2. Transfer the 3½ cups liquid to a 6- to 8-quart heavy pot. Stir in pectin and lemon juice. Bring to a full rolling boil, stirring constantly. Stir in sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 46 cal., 0 g fat, 0 mg chol., 1 mg sodium, 12 g carb., 0 g fiber, 0 g pro.

USING REGULAR PECTIN

The most common type of pectin is regular powdered fruit pectin. This traditional pectin must be cooked before processing. The product might be labeled “fruit pectin” or “classic fruit pectin.” The recipes in this book refer to it as “regular powdered fruit pectin” to differentiate it from liquid pectin, instant pectin, or powdered pectin for low-sugar recipes.

JELLIES

CIDER 'N' SPICE JELLY

FRESH-PRESSED APPLE CIDER REFERS TO CLOUDY, NOT CLEAR, CIDER THAT IS FOUND REFRIGERATED, MOST OFTEN IN THE PRODUCE SECTION OF YOUR SUPERMARKET. YOU CAN ALSO FIND IT AT LOCAL ORCHARDS THAT PRESS THEIR OWN CIDER—MOST OF WHICH WILL BE UNPASTEURIZED. WHILE MOST COMMERCIAL CIDER IS PASTEURIZED TO DESTROY ANY BACTERIA, EVEN UNPASTEURIZED CIDER IS PERFECTLY SAFE TO USE IN THIS RECIPE BECAUSE IT IS BOILED FOR 20 MINUTES.

PREP: 35 MINUTES **COOK:** 21 MINUTES **PROCESS:** 5 MINUTES
MAKES: 7 HALF-PINTS **PHOTO**

- 5 cups fresh-pressed apple cider
- 2 cinnamon sticks, broken
- 8 whole allspice
- 8 whole cloves
- 7½ cups sugar
- ½ of a 6-ounce package (1 foil pouch) liquid fruit pectin

1. In a 6- to 8-quart stainless-steel, enamel, or nonstick heavy pot combine cider, cinnamon sticks, whole allspice, and whole cloves. Cover and bring to boiling; reduce heat to medium-low. Cover and simmer for 20 minutes. Line a sieve with a double layer of 100-percent-cotton cheesecloth; place sieve over a large

bowl. Strain cider mixture through sieve. If desired, reserve the spices to add to canning jars.

2. Wash the pot, then return strained cider to pot. Add sugar; stir to combine. Bring to a full rolling boil, stirring constantly. Add pectin. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat.

3. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. If desired, add some of the reserved cinnamon, allspice, and cloves to each jar. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 57 cal., 0 g fat, 0 mg chol., 0 mg sodium, 14 g carb., 0 g fiber, 0 g pro.

SELF SEALING
MASON

JELLIES

LEMON-HONEY JELLY

THE HIGHEST CONCENTRATION OF NATURAL PECTIN IN CITRUS FRUITS IS IN THE PEEL, WHICH HELPS THICKEN THIS SIMPLE SPREAD. STIR IT INTO A CUP OF HOT TEA WHEN YOU'RE FEELING UNDER THE WEATHER—OR EVEN IF YOU'RE NOT.

PREP: 45 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 5 HALF-PINTS

- 2 to 3 medium lemons
- 1½ cups water
- 3½ cups sugar
- ¾ cup honey
- ½ of a 6-ounce package (1 foil pouch) liquid fruit pectin

1. Using a vegetable peeler, remove the colored part of the peel from one of the lemons. (Avoid removing the white portion.) Cut the peel into thin strips; set aside. Cut the remaining lemons in half; squeeze lemons for juice. Measure ½ cup lemon juice. (Reserve remaining juice for another use.)

2. In a 5- to 6-quart heavy pot combine the lemon peel strips, the ½ cup lemon juice, and the water. Add sugar. Cook and stir over medium heat until the sugar dissolves. Stir in honey. Bring to a full rolling boil, stirring constantly. Quickly stir in the pectin. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove pot from heat. Quickly skim

off the foam with a metal spoon. Use the spoon to remove and discard the lemon peel strips.

3. Ladle hot jelly into hot sterilized half-pint jars, leaving a ¼-inch headspace. Wipe the jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 44 cal., 0 g fat, 0 mg chol., 0 mg sodium, 12 g carb., 0 g fiber, 0 g pro.

JELLIES

BALSAMIC VINEGAR-RUBY PORT JELLY

WHILE MOST JELLIES ARE PERFECTLY AT HOME ON TOAST, THIS ELEGANT JELLY IS TAILOR-MADE FOR SAVORY DISHES. USE IT ALONE OR STIR A FEW SPOONFULS TOGETHER WITH DIJON MUSTARD TO MAKE A DELICIOUS GLAZE OR ACCOMPANIMENT TO ROAST BEEF AND PORK.

PREP: 30 MINUTES **PROCESS:** 10 MINUTES **MAKES:** 4 HALF-PINTS

- ⅓ cup balsamic vinegar
- ¼ cup coarsely shredded orange peel
- 3 cups sugar
- 2 cups ruby port
- ½ of a 6-ounce package (1 foil pouch) liquid fruit pectin

1. In a small saucepan combine vinegar and orange peel. Bring to boiling; reduce heat. Simmer, uncovered, for 3 to 5 minutes or until vinegar is reduced to ¼ cup. Remove from heat. Cover and let cool. Strain vinegar mixture through a fine-mesh sieve; discard peel.

2. In a 4- to 6-quart heavy pot combine the reduced vinegar, sugar, and port. Bring to a full rolling boil over high heat, stirring constantly. Quickly stir in pectin. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 50 cal., 0 g fat, 0 mg chol., 1 mg sodium, 11 g carb., 0 g fiber, 0 g pro.

MAKING WINE JELLIES

The adage about cooking with a wine you'd enjoy drinking applies to making wine jellies as well. Be sure you like the flavor of the port you use before you turn it into jelly. There are two main types of port—ruby port and tawny port. Both have been infused with a spirit, usually a brandy. Ruby port is younger, fruitier, and sweeter—and has a deep ruby color. Tawny port is aged in oak casks longer than ruby port. As it ages, it gets drier and more complex in flavor—and turns a brownish, tawny color.

JELLIES

ROSÉ WINE JELLY WITH PINK PEPPERCORNS

ADD SPARK TO A TURKEY OR HAM SANDWICH WITH THIS BEAUTIFULLY TEXTURED JELLY. MODERN ROSÉ WINES TEND TO BE DRIER THAN THOSE THAT WERE POPULARIZED IN THE 1980S—A PERFECT FIT FOR THE MILDLY PEPPERY FLAVOR OF PINK PEPPERCORNS.

PREP: 30 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 6 HALF-PINTS

PHOTO

- 3½ cups rosé wine
- ½ cup bottled lemon juice
- 1 1.75-ounce package regular powdered fruit pectin or 6 tablespoons classic powdered fruit pectin
- 4½ cups sugar
- ¼ cup pink peppercorns, lightly crushed

1. In a 5-quart heavy pot combine wine, lemon juice, and pectin. Bring to a full rolling boil, stirring constantly. Stir in sugar and peppercorns. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

2. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks, turning and tilting jars every 30 minutes to distribute peppercorns evenly throughout the jelly.

PER 1 TABLESPOON: 43 cal., 0 g fat, 0 mg chol., 1 mg sodium, 10 g carb., 0 g fiber, 0 g pro.

IN THE PINK

Pink peppercorns are not true peppercorns. They're actually the dried berry of a shrub called the Peruvian peppertree. They look like peppercorns, however—and they taste like mild peppercorns as well. A caveat: They are members of the cashew family, so those with tree nut allergies might want to take precautions.

JELLIES

LEMON-LAVENDER JELLY

A LITTLE LAVENDER GOES A LONG WAY. IF YOU DON'T HAVE IT IN YOUR YARD OR GARDEN, YOU CAN OFTEN FIND FRESH LAVENDER FLOWERS FOR COOKING WITH THE OTHER FRESH HERBS IN THE PRODUCE SECTION—AND YOU ONLY NEED A COUPLE TABLESPOONS. LOOK FOR THE DRIED VARIETY AT SPICE SHOPS AND SPECIALTY MARKETS.

PREP: 25 MINUTES **STAND:** 20 MINUTES **PROCESS:** 5 MINUTES
MAKES: 4 HALF-PINTS

- 1⅓ cups boiling water
- 2 tablespoons finely shredded lemon peel
- ¾ cup freshly squeezed lemon juice
- 2 tablespoons fresh lavender flowers or 1 tablespoon dried lavender flowers, lightly crushed
- 4¼ cups sugar
- ½ of a 6-ounce package (1 foil pouch) liquid fruit pectin

1. In a medium bowl combine the boiling water, lemon peel, lemon juice, and lavender flowers. Let stand for 20 minutes. Strain mixture through a fine-mesh sieve, pressing flowers and peel with the back of a spoon to release juice. Discard peel and flowers.

2. In a large heavy pot combine the lemon juice mixture and the sugar. Bring to a full rolling boil over high heat, stirring constantly. Stir in pectin; return to a full rolling boil, stirring

constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars; cool on wire racks.

PER 1 TABLESPOON: 56 cal., 0 g fat, 0 mg chol., 0 mg sodium, 14 g carb., 0 g fiber, 0 g pro.

JELLIES

HONEY-CHIANTI JELLY

FOR AN ELEGANT, NO-FUSS APPETIZER, PLACE AN 8-OUNCE ROUND OF BRIE ON A SHEET OF THAWED PUFF PASTRY. TOP THE CHEESE WITH JELLY, THEN FOLD THE PASTRY UP OVER THE CHEESE TO COVER. TRIM EXCESS PASTRY AND PRESS TO SEAL; BAKE IN A 400°F OVEN 25 MINUTES OR UNTIL PASTRY IS GOLDEN BROWN. LET STAND 20 MINUTES BEFORE SERVING.

PREP: 25 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 6 HALF-PINTS

- 2 cups Chianti, Sangiovese, or other dry red wine
- 1 1.75-ounce package regular powdered fruit pectin or 6 tablespoons classic powdered fruit pectin
- 3½ cups honey
- ¼ teaspoon butter

1. Pour wine into a 4-quart heavy pot; add pectin. Stir for 1 to 2 minutes until pectin dissolves. Bring to a full rolling boil, stirring constantly. Stir in honey. Return to boiling. Add butter; boil for 2 minutes more, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

2. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 45 cal., 0 g fat, 0 mg chol., 1 mg sodium, 11 g carb., 0 g fiber, 0 g pro.

BUBBLES AND BUTTER

A small amount of butter is sometimes added to jams and jellies to help calm the foam that naturally develops as the fruit—or, in this case, the wine syrup—cooks. However, don't add it to a recipe that doesn't call for it.

JELLIES

BLOOD ORANGE–VANILLA BEAN JELLY

BLOOD ORANGES—ALSO CALLED MORO ORANGES—ARE VERY JUICY AND HAVE A WONDERFUL, WINELIKE FLAVOR. DRIZZLE THIS RUBY-RED JELLY OVER VANILLA BEAN ICE CREAM AND TOP WITH FRESH ORANGE SEGMENTS FOR A KNOCK-OUT DESSERT.

PREP: 45 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 4 HALF-PINTS
PHOTO

- 2 cups freshly squeezed blood orange juice or orange juice
- ⅓ cup bottled lemon juice
- ⅔ cup water
- 1 1.75-ounce package regular powdered fruit pectin or 6 tablespoons classic powdered fruit pectin
- 1 small vanilla bean
- 3½ cups sugar

1. Pour orange juice through a fine-mesh sieve into a liquid measuring cup; discard pulp. Measure exactly 2 cups juice, adding water if necessary. Transfer the orange juice to a 6- to 8-quart heavy pot. Pour lemon juice through the sieve into pot; discard pulp. Stir in the ⅔ cup water and the pectin.

2. Split vanilla bean in half lengthwise. Using the tip of a paring knife, scrape out the tiny seeds. Add vanilla seeds to juice

mixture, whisking to distribute seeds evenly. Bring to a full rolling boil, stirring constantly. Stir in sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 61 cal., 0 g fat, 0 mg chol., 2 mg sodium, 16 g carb., 0 g fiber, 0 g pro.

IF IN DOUBT, THROW IT OUT

If you see signs of mold or other spoilage in your home-canned goods—including jelly—it is not safe to scrape it off and eat the rest of the product. If there are any signs of spoilage in any canned good, discard all of it.

JELLIES

HABANERO-MINT JELLY

SPICY, SWEET, AND REFRESHING, THIS FRESH-TASTING JELLY MAKES AN EXCELLENT GLAZE FOR MEATY, FLAVORFUL FISH SUCH AS SALMON AND TUNA.

PREP: 45 MINUTES **STAND:** 30 MINUTES **PROCESS:** 5 MINUTES
MAKES: 9 HALF-PINTS

- 1 cup firmly packed fresh mint leaves
- ½ cup water
- 3 cups chopped yellow sweet peppers (4 medium)
- 1½ cups cider vinegar
- 3 fresh habanero chile peppers, seeded and finely chopped (see tip)
- 2 tablespoons finely chopped shallot (1 medium)
- 7 cups sugar
- 3 tablespoons bottled lemon juice
- ½ of a 6-ounce package (1 foil pouch) liquid fruit pectin

1. In a small saucepan bring mint leaves and the water to boiling. Remove from heat. Cover and let stand for 30 minutes. Pour mint mixture through a fine-mesh sieve into a 5- to 6-quart

heavy pot, pressing mint with a spoon to remove excess liquid. Discard mint.

2. In a food processor or blender combine sweet peppers, ½ cup of the vinegar, the habanero peppers, and shallot. Cover and process or blend until finely chopped. Add pepper mixture to mint liquid in pot. Stir in the remaining 1 cup vinegar, sugar, and lemon juice. Bring to a full rolling boil over medium-high heat, stirring constantly. Stir in pectin. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 40 cal., 0 g fat, 0 mg chol., 1 mg sodium, 10 g carb., 0 g fiber, 0 g pro.

JELLIES

CRANBERRY-JALAPEÑO PEPPER JELLY

SERVE THIS ZIPPY JELLY WITH YOUR THANKSGIVING FEAST AS A STAND-IN FOR CRANBERRY SAUCE. IT'S EXCELLENT WITH ALL KINDS OF POULTRY—ESPECIALLY ROASTED OR SMOKED TURKEY.

PREP: 50 MINUTES **COOK:** 11 MINUTES **PROCESS:** 5 MINUTES
MAKES: 5 HALF-PINTS

- 1½ cups cranberry juice (not low-calorie)
- 1 cup vinegar
- 2 to 4 medium fresh jalapeño chile peppers, halved, and, if desired, seeded (see tip)
- 5 cups sugar
- ½ of a 6-ounce package (1 foil pouch) liquid fruit pectin
- 5 small fresh red serrano or Thai chile peppers (see tip)

1. In a medium stainless-steel, enamel, or nonstick heavy saucepan combine cranberry juice, vinegar, and jalapeños. Bring to boiling; reduce heat. Cover and simmer for 10 minutes. Strain mixture through a fine-mesh sieve set in a medium bowl, pressing with the back of a spoon to remove all the liquid; discard pulp. Measure 2 cups liquid.

2. In a 5- to 6-quart stainless-steel, enamel, or nonstick heavy pot combine the 2 cups liquid and the sugar. Bring to a full rolling boil, stirring constantly until sugar dissolves. Quickly stir in pectin and serrano peppers. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot jelly into hot sterilized half-pint jars, leaving a ¼-inch headspace. Add one serrano pepper to each jar. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 57 cal., 0 g fat, 0 mg chol., 0 mg sodium, 15 g carb., 0 g fiber, 0 g pro.

CHANGING COLORS

Over time, lighter-color jellies in storage may darken slightly. This is not a safety concern if they are properly stored and the seal is intact, but it may change the appearance of the product that is eventually served.

JELLIES

RUBY RED GRAPEFRUIT JELLY

YOU CAN USE EITHER FRESH-SQUEEZED GRAPEFRUIT JUICE OR BOTTLED JUICE—AS LONG AS IT'S UNSWEETENED, 100-PERCENT GRAPEFRUIT JUICE—TO MAKE THIS PRETTY PINK JELLY.

PREP: 25 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 5 HALF-PINTS
PHOTO

- 4 cups sugar
- 2 cups red grapefruit juice
- 2 tablespoons bottled lemon juice
- ½ of a 6-ounce package (1 foil pouch) liquid fruit pectin

1. In a 5- to 6-quart heavy pot combine sugar, grapefruit juice, and lemon juice. Bring to a full rolling boil, stirring constantly. Stir in pectin. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

2. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 50 cal., 0 g fat, 0 mg chol., 0 mg sodium, 13 g carb., 0 g fiber, 0 g pro.

JELLIES

POBLANO-JALAPEÑO JELLY

THIS RECIPE CALLS FOR A LOT OF HOT PEPPERS. TO AVOID EXCESSIVE CONTACT WITH THE POWERFUL OILS, USE A FOOD PROCESSOR TO CHOP THEM FINELY.

PREP: 50 MINUTES **STAND:** 30 MINUTES **PROCESS:** 10 MINUTES
MAKES: 7 HALF-PINTS

- 5½ cups sugar
- 2½ cups finely chopped, seeded fresh poblano chile peppers (about 4 peppers) (see tip)
- 1 cup cider vinegar
- ½ cup water
- ½ cup finely chopped, seeded fresh jalapeño chile peppers (3 to 4 peppers) (see tip)
- 1½ teaspoons salt
- ½ cup lime juice
- 1 6-ounce package (2 foil pouches) liquid fruit pectin
- Green food coloring (optional)

1. In a 6- to 8-quart heavy pot combine sugar, poblano peppers, cider vinegar, the water, jalapeño peppers, and salt. Bring to boiling; cook, uncovered, for 5 minutes, stirring frequently. Remove from heat; cover and let stand for 30 minutes.

2. Stir lime juice into pepper mixture. Bring to a full rolling boil over high heat, stirring constantly. Quickly stir in pectin; return to a full rolling boil, stirring constantly. Boil hard for 1 minute,

stirring constantly. If desired, add a few drops of green food coloring to tint to desired color. Remove from heat.

3. Ladle hot jelly into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 41 cal., 0 g fat, 0 mg chol., 32 mg sodium, 10 g carb., 0 g fiber, 0 g pro.

FERMENTED FOODS &

PICKLES

ZESTY Bread AND Butter

TRY IT ON A STICK

KIMCHI

PICKLED DILLED GREEN BEANS

CRISP, MOUTH-PUCKERING VEGGIES AND FRUITS TO ENLIVEN EVERY MEAL

CUCUMBER PICKLES

Bread and Butter Pickles
Dill Pickles
Hot Garlic Pickles
Jamaican Jerk Pickles
Refrigerator Pickles
Sweet Dill Pickles
Zesty Honey-Pilsner Pickles

FERMENTED FOODS

Fermented Sriracha-Style Asian Chili Sauce
Fermented Whole Grain Mustard
Kimchi
Pear-Juniper Berry Sauerkraut
Spicy Fermented Pickles

PICKLED VEGETABLES

Asian Pickled Carrots
Garlicky Pickled Mixed Veggies
Hot and Spicy Zucchini Pickles
Juniper-Maple Cocktail Onions
Lemon–Bay Leaf Bean Pickles
Mexican Pickled Pintos, Corn, and Poblano Peppers
Mustardy Pickled Banana Pepper Rings
Pickled Beets
Pickled Beets with Orange and Cinnamon
Pickled Butternut Squash
Pickled Dilled Green Beans
Pickled Golden Beets with Lemon and Fennel Seeds
Pickled Green Chiles

Pickled Red Cabbage
Pickled Sweet and Hot Peppers
Sweet Riesling Pickled Radishes
Sweet Saffron-Scented Pickled Fennel and Red Peppers
Walla Walla Pickled Onions
Watermelon Pickles
White Balsamic-Rosemary Pickled Mushrooms

REFRIGERATOR PICKLES

Thai Chile Refrigerator Pickles
Zucchini and Sweet Pepper Refrigerator Pickles

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THE BASICS OF

PICKLED & FERMENTED FOODS

THESE TWO METHODS OF PRESERVING FOOD ARE RELATED IN PRINCIPLE BUT DIFFERENT IN PRACTICE. BOTH PROCESSES—PICKLING AND FERMENTING—RESULT IN FOODS THAT ARE CRISP, MOUTH-PUCKERING, AND FULL OF INTERESTING FLAVORS AND TEXTURES.

WHAT IS PICKLING?

Pickling is a process of preserving foods in a high-acid brine. The brine lowers the pH of foods to 4.6 or lower, creating an adverse environment for microorganisms, thus preventing spoilage. The brine doubles as a flavor enhancer. Most pickled foods are processed in a boiling-water canner. These pickles can be stored at room temperature for up to 1 year.

Quick pickles are foods that are packed in brine and stored in the refrigerator to keep a crisp texture. They are fast and easy to make.

CHOOSING CUCUMBERS

Cucumbers that are best for pickling include Kirby and hothouse varieties. The big cucumbers found at the grocery store are often coated in wax and should not be used for pickling.

Look for small firm cucumbers with brightly colored skin and rounded ends. Avoid ones with shriveled or soft spots, ones that

appear bloated, or ones with white or yellowish areas on the skin.

KEY INGREDIENTS

Cucumbers may be the star, but these ingredients are equally important to crisp, flavorful pickles.

SALT: Use pickling or canning salt as directed in recipes. If using table salt, be sure it is uniodized. Avoid other salts, which may cause pickles to darken and the brine to become cloudy.

VINEGAR: Cider vinegar is often used for pickles and relishes, but white vinegar can be used for a lighter-color product. Always use the vinegar specified in the recipe to ensure proper acidity. Never dilute the vinegar more than is indicated in the recipe.

SPICES: Do not substitute ground spices, which might cause the product to be dark and cloudy, for whole spices.

WATER: Use soft or distilled water because hard water might discolor pickles.

1. Slice off the blossom ends. The blossom ends contain enzymes that cause pickles to become mushy.

2. Pack the spears, slices, or whole cucumbers loosely into the jars. Then add the seasonings and finally the hot brine.

THE RIGHT POT

For pickles, choose a stainless-steel, enamel, or nonstick pot. Other materials will react with the vinegar and give pickles an unpleasant flavor.

WHAT IS FERMENTING?

The art of fermentation dates back thousands of years. Before modern canning techniques were invented, people often relied on lactic acid fermentation to preserve foods.

PICKING GOOD PRODUCE

Select unblemished foods. Bruises and cuts can breach the natural antimicrobial barriers of fruits and vegetables.

Select firm but ripe fruits and vegetables. Soft or overripe produce may contain undesirable yeasts and/or molds.

CLEANING PRODUCE

Thoroughly wash all produce. Most microbial pathogens are found on the surfaces of fruits and vegetables. When applicable, peel and/or trim produce to reduce the risk of surface contamination.

CHOOSING CONTAINERS

Select the proper-size container for fermentation—the general rule is to use a 1-gallon container for each 5 pounds of fresh vegetables. Use ceramic, glass, or food-grade plastic containers. Non-food-grade containers may be used if they are lined with a food-grade bag. Avoid using metal containers or utensils that may react with acids in the foods. Wash all containers, utensils, plates, and/or jars that will be used for fermentation in hot, soapy water and rinse them well.

THE RIGHT TEMP

The ideal temperature for fermentation is 68°F to 75°F. Fermentation will take place in 3 to 4 weeks in this range. At

60°F to 65°F, fermentation will take 5 to 6 weeks. Avoid fermenting at temperatures higher than 75°F due to the risk of spoilage. After fermenting the food at room temperature, store it in the refrigerator. Fermentation will continue but at a much slower rate.

SAFETY RULES TO FOLLOW

Use only tested recipes from a reliable source (such as this book and the United States Department of Agriculture). Avoid altering vinegar, food, or water proportions in your recipe.

Canning or pickling salt works best for fermented pickles. When a recipe calls for canning salt, do not substitute iodized salt, sea salt, kosher salt, or other salts.

To prevent contamination from molds, dust, or insects, cover the fermentation container with a clean dishcloth.

Occasionally stir the fermenting mixture. This helps distribute the microorganisms and also helps accelerate fermentation.

COVERED AND SUBMERGED

Food must remain fully submerged (at least 1 to 2 inches) under the brine while fermenting. A dinner plate or glass pie plate weighed down with clean glass jars filled with water may be used to keep food submerged.

HOW TO MAKE SAUERKRAUT

These steps show how to start the fermentation process for sauerkraut.

1. Using a large chef's knife, cut the cabbage lengthwise into quarters. Remove and discard the core from each wedge. Finely shred the cabbage.

2. Combine the shredded cabbage with the pickling salt and sugar, crushing the mixture with your hands to help it release liquid.

3. Pack the cabbage and its liquid into a container and cover with a plate. Press the plate down using a weight, allowing the liquid to rise around the edges of the plate.

GOOD BACTERIA

Because the good bacteria, lactobacilli, are naturally occurring in cabbage and many other fruits and vegetables, the process is simple. When foods are allowed to ferment under the

proper conditions, the lactobacilli bacteria convert the food's natural sugars to lactic acid, giving the final product a pleasant sour flavor.

PICKLES & FERMENTED FOODS

DILL PICKLES

IF PICKLING CUCUMBERS ARE NOT AVAILABLE, USE REGULAR GARDEN CUCUMBERS. DO NOT USE WAXED CUCUMBERS SOLD IN SUPERMARKETS. THESE ARE TYPICALLY USED FOR SALADS AND SLICING.

PREP: 30 MINUTES **PROCESS:** 10 MINUTES **STAND:** 1 WEEK
MAKES: 6 PINTS

- 3 to 3¼ pounds 4-inch pickling cucumbers (about 36)
- 4 cups water
- 3 cups white vinegar
- ½ cup sugar
- ⅓ cup pickling salt
- 6 tablespoons dill seeds

1. Thoroughly scrub cucumbers with a soft vegetable brush in plenty of cold running water. Remove stems and blossom ends; slice off blossom ends. Cut cucumbers lengthwise into quarters.

2. In a 4- to 5-quart stainless-steel, enamel, or nonstick heavy pot combine the water, the vinegar, sugar, and pickling salt.

Bring to boiling, stirring to dissolve sugar.

3. Pack cucumber spears loosely into six hot sterilized pint canning jars, leaving a ½-inch headspace. Add 1 tablespoon dill seeds to each jar. Pour hot vinegar mixture into jars maintaining the ½-inch headspace. Discard any remaining hot vinegar mixture. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks. Let stand at room temperature for 1 week before serving.

HOT GARLIC PICKLES: Prepare as directed, except substitute cider vinegar for the white vinegar. Before packing cucumbers, add 1 to 2 fresh Thai chile peppers and 2 cloves garlic, halved, to each jar. Makes 6 pints.

SWEET DILL PICKLES: Prepare as directed, except increase sugar to 3 cups. Makes 6 pints.

REFRIGERATOR PICKLES: Prepare as directed through Step 3, except add 1 or 2 sprigs fresh dill to each jar. Store pickles in the refrigerator for up to 1 month. Makes 6 pints.

PER PICKLE REGULAR, GARLIC, SWEET, OR REFRIGERATOR VARIATIONS: 29 Cal., 0 g fat, 0 mg chol., 877 mg sodium, 5 g carb., 0 g fiber, 0 g pro.

PICKLES & FERMENTED FOODS

ZESTY HONEY-PILSNER PICKLES

IF USING SMALL PICKLING CUCUMBERS, TRY TO GET THEM ALL AS EQUAL IN DIAMETER AS POSSIBLE FOR THE PRETTIEST LOOKING JARS IN THE PANTRY.

PREP: 45 MINUTES **PROCESS:** 10 MINUTES **MAKES:** 7 PINTS **PHOTO**

- 3½ pounds 3- to 4-inch pickling cucumbers*
- 1 12-ounce bottle pilsner beer
- 1¾ cups water
- 1¾ cups cider vinegar
- 1½ cups white vinegar
- 1 cup honey
- ¼ cup pickling salt
- 7 cloves garlic, smashed
- 7 teaspoons whole multicolor peppercorns
- 7 teaspoons mustard seeds

1. Thoroughly scrub cucumbers with a soft vegetable brush in plenty of cold running water. Remove stems and blossoms; slice off blossom ends. Cut cucumbers into ¼- to ½-inch slices.

2. In a 5- to 6-quart stainless-steel, enamel, or nonstick heavy pot combine beer, the water, cider vinegar, white vinegar, honey, and pickling salt. Bring to boiling, stirring to dissolve honey. Skim off any foam.

3. Pack cucumber slices loosely into seven hot sterilized pint canning jars, leaving a ½-inch headspace. Add 1 clove garlic, 1

teaspoon peppercorns, and 1 teaspoon mustard seeds to each jar. Pour hot vinegar mixture into jars, maintaining the ½-inch headspace. Discard any remaining hot vinegar mixture. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks. Let stand at room temperature for 1 week before serving.

***TIP:** If small pickling cucumbers are not available, cut field (regular garden) cucumbers into ¼- to ½-inch slices. If you purchase cucumbers for pickling, be sure they have not been coated in wax, which impedes the pickling process.

PER ¼ cup: 36 cal., 0 g fat, 0 mg chol., 580 mg sodium, 8 g carb., 0 g fiber, 0 g pro.

PICKLES & FERMENTED FOODS

BREAD AND BUTTER PICKLES

TURMERIC INFUSES THESE CLASSIC SWEET PICKLES WITH ITS PLEASANTLY PUNGENT FLAVOR AND A TOUCH OF SUNNY YELLOW COLOR.

PREP: 40 MINUTES **CHILL:** 3 TO 12 HOURS **PROCESS:** 10 MINUTES
MAKES: 7 PINTS **PHOTO**

- 16 cups sliced small to medium pickling cucumbers*
- 8 medium white onions, sliced
- ⅓ cup pickling salt
- 3 cloves garlic, halved Crushed ice
- 4 cups sugar
- 3 cups cider vinegar
- 2 tablespoons mustard seeds
- 1½ teaspoons celery seeds
- 1½ teaspoons ground turmeric

1. In a 6- to 8-quart stainless-steel, enamel, or nonstick pot combine cucumbers, onions, pickling salt, and garlic. Add 2 inches of crushed ice. Cover and chill for 3 to 12 hours.

2. Remove any unmelted ice from pot. Transfer cucumber mixture to a large colander and drain. Remove and discard garlic pieces.

3. In the same pot combine sugar, vinegar, mustard seeds, celery seeds, and turmeric. Bring to boiling, stirring to dissolve

sugar. Stir in cucumber mixture. Return to boiling; remove from heat.

4. Pack hot cucumber mixture and liquid into hot sterilized pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

***TIP:** Before using pickling cucumbers, thoroughly scrub them with a soft vegetable brush in plenty of cold running water. Remove stems and blossoms; slice off blossom ends. Use a mandoline to create perfectly even cucumber slices. If pickling cucumbers are not available, use regular cucumbers from your garden or farmer's market. Be sure they have not been coated in wax, which impedes the pickling process.

PER ¼ cup: 33 cal., 0 g fat, 0 mg chol., 200 mg sodium, 9 g carb., 0 g fiber, 0 g pro.

PICKLES & FERMENTED FOODS

JAMAICAN JERK PICKLE CHIPS

ALL THE FLAVORS OF TRADITIONAL JAMAICAN JERK—ALLSPICE, THYME, AND FIERY CHILES—GIVE THESE PICKLE CHIPS THEIR WOW! FACTOR. LAYER ON A ROAST PORK OR CHICKEN SANDWICH—OR TOP OFF A BLOODY MARY.

PREP: 45 MINUTES **PROCESS:** 10 MINUTES **STAND:** 1 WEEK
MAKES: 7 PINTS

- 3½ pounds 4- to 5-inch pickling cucumbers*
- 1 3- to 4-inch stick cinnamon
- 1 teaspoon whole allspice
- 2 cups water
- 2 cups white vinegar
- 2 cups cider vinegar or rice vinegar
- 1 cup honey
- ½ cup lime juice
- ¼ cup pickling salt
- 7 sprigs fresh thyme
- 7 3- to 4-inch sticks cinnamon
- 7 cloves garlic, sliced
- 1 teaspoon whole black peppercorns
- 1 teaspoon whole allspice

4 fresh habanero peppers, Scotch bonnet peppers, or jalapeño peppers, seeded and thinly sliced (see tip)

1. Thoroughly scrub cucumbers. Remove stems and blossoms; slice off blossom ends. Cut cucumbers into ¼- to ½-inch slices.**

2. For spice bag, cut a 6-inch square from a double layer of 100-percent-cotton cheesecloth. Place 1 cinnamon stick and 1 teaspoon allspice in center of cheesecloth square. Bring up corners; tie closed with clean kitchen string.

3. In a heavy large stainless-steel, enamel, or nonstick saucepan combine the water, white vinegar, cider or rice vinegar, honey, lime juice, pickling salt, and the spice bag. Bring to boiling over medium-high heat, stirring to dissolve honey; reduce heat. Simmer, covered, for 5 minutes.

4. Pack cucumber slices loosely into seven hot sterilized pint canning jars, leaving a ½-inch headspace. Divide thyme sprigs, the 7 cinnamon sticks, the garlic slices, peppercorns, the 1 teaspoon whole allspice, and the chile pepper slices among the jars. Remove spice bag from the hot vinegar mixture; discard. Pour hot vinegar mixture over cucumbers, maintaining the ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks. Let stand at room temperature for 1 week before serving.

***TIP:** If pickling cucumbers are not available, use regular garden cucumbers. Do not use waxed cucumbers sold in supermarkets; these are typically used for salads and slicing.

**TIP: Use a mandoline to create perfectly even cucumber slices.

PER ¼ cup: 17 cal., 0 g fat, 0 mg chol., 204 mg sodium, 4 g carb., 0 g fiber, 0 g pro.

PICKLES & FERMENTED FOODS

HOT AND SPICY ZUCCHINI PICKLES

THESE SWEET AND SPICY SPEARS ARE NOT AS CRISP AS CUCUMBER PICKLES, BUT THEY ARE FIRM ENOUGH TO HAVE A NICE BITE TO THEM.

PREP: 1 HOUR **STAND:** 3 HOURS **PROCESS:** 10 MINUTES
MAKES: 6 PINTS

- 4 pounds medium zucchini
- 4 cups ice cubes
- ¼ cup pickling salt
- 4 cups white vinegar
- 1⅔ cups water
- 1½ cups sugar
- 1 to 1½ teaspoons crushed red pepper
- 6 small fresh red serrano or Thai chile peppers
- 6 small fresh green serrano or jalapeño chile peppers
- 6 bay leaves
- 6 teaspoons whole black peppercorns
- 3 teaspoons mustard seeds

1. Gently wash zucchini. Slice off stem and blossom ends. Cut zucchini into 3- to 4-inch-long spears, about ¾ inch thick (should have about 16 cups zucchini spears).

2. In an extra-large nonmetal bowl layer one-third of the zucchini, one-third of the ice cubes, and one-third of the salt.

Repeat layers twice. Weight down mixture with a heavy plate. Allow to stand at room temperature for 3 hours.

3. After standing, remove any remaining ice from zucchini spears. Transfer zucchini to a colander set in a sink; drain.

4. In a 3-quart stainless-steel, enamel, or nonstick heavy pot combine vinegar, the water, sugar, and crushed red pepper. Bring to boiling over medium heat, stirring until sugar dissolves. Boil for 1 minute. Reduce heat to low to keep warm.

5. Pack zucchini into six hot sterilized pint canning jars, leaving a ½-inch headspace. To each jar, add one of the red chile peppers, one of the green chile peppers, one of the bay leaves, 1 teaspoon of the black peppercorns, and ½ teaspoon of the mustard seeds. Pour hot liquid into each jar to cover zucchini, maintaining a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

6. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ cup: 38 cal., 0 g fat, 0 mg chol., 125 mg sodium, 8 g carb., 1 g fiber, 1 g pro.

SIZE MATTERS

If you have ever grown your own zucchini, you know how hard it is to keep up with the bounty of this prolific plant. Step away for a day and you can have squash that goes from slender and tender to tough and overgrown overnight. Pickle zucchini that are no larger than medium size (6 to 7 inches). Large zucchini are watery and seedy.

PICKLES & FERMENTED FOODS

PICKLED GREEN CHILES

TOP TACOS, TOSTADAS, QUESADILLAS, AND CHILI WITH THESE VINEGARY HOT CHILES. FOR THE MOST INTERESTING FLAVOR AND APPEARANCE, USE A MIX OF JALAPEÑO, SERRANO, AND POBLANO CHILES.

PREP: 40 MINUTES **COOK:** 5 MINUTES **PROCESS:** 10 MINUTES
STAND: 1 WEEK **MAKES:** 6 PINTS **PHOTO**

- 1½ pounds fresh jalapeño and/or serrano peppers
- 1½ pounds fresh poblano peppers
- 3 cups water
- 3 cups white vinegar
- 1 cup white wine vinegar
- 2 tablespoons sugar
- 1 teaspoon pickling salt
- 6 cloves garlic

1. Thinly slice peppers into rings, discarding stem ends, excess seeds, and membranes (see tip).

2. In a 4- to 5-quart stainless steel, enamel, or nonstick heavy pot combine the water, white vinegar, white wine vinegar, sugar, and pickling salt. Bring to boiling, stirring until sugar and salt dissolve.

3. Pack sliced peppers into six hot sterilized pint canning jars, leaving a ½-inch headspace. Place 1 clove garlic in each jar. Pour hot liquid over peppers, maintaining the ½-inch headspace.

Discard any remaining vinegar mixture. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks. Allow to stand at room temperature for 1 week before serving.

PER ¼ cup: 20 cal., 0 g fat, 0 mg chol., 43 mg sodium, 3 g carb., 0 g fiber, 0 g pro.

PICKLES & FERMENTED FOODS

MUSTARDY PICKLED BANANA PEPPER RINGS

BRIGHT-YELLOW BANANA PEPPERS CAN VARY CONSIDERABLY IN THEIR HEAT LEVEL. IN GENERAL, THE SMALLER PEPPERS ARE HOTTER AND THE MORE MATURE PEPPERS ARE SWEETER. TASTE A SLICE OR TWO BEFORE CANNING SO YOU KNOW WHAT YOU HAVE.

PREP: 30 MINUTES **PROCESS:** 10 MINUTES **STAND:** 1 WEEK
MAKES: 4 PINTS

- 2 pounds fresh sweet and/or hot banana chile peppers
- 5 cups white vinegar
- 2 cups water
- ½ cup sugar
- 1 tablespoon dry mustard
- 4 cloves garlic, smashed
- ½ teaspoon ground turmeric
- 4 tablespoons yellow mustard seeds
- 4 tablespoons brown mustard seeds

1. Slice chile peppers into rings, discarding stem ends and excess seeds (see tip).

2. In a large stainless-steel, enamel, or nonstick heavy pot combine vinegar, the water, sugar, dry mustard, garlic, and turmeric. Bring to boiling, stirring to dissolve sugar; reduce heat. Simmer, uncovered, for 5 minutes. Remove and discard garlic.

3. Pack peppers into four hot sterilized pint canning jars, leaving a ½-inch headspace. Add 1 tablespoon yellow mustard seeds and 1 tablespoon brown mustard seeds to each jar. Ladle hot vinegar mixture into jars, maintaining the ½-inch headspace. Discard any remaining vinegar mixture. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks. Let stand at room temperature for 1 week before serving.

PER ¼ cup: 47 cal., 1 g fat (0 g sat. fat), 0 mg chol., 5 mg sodium, 6 g carb., 1 g fiber, 1 g pro.

PICKLES & FERMENTED FOODS

WATERMELON PICKLES

A RECIPE FOR THE TRULY THRIFTY, THIS CLASSIC PICKLE USES SOMETHING THAT IS USUALLY THROWN OUT—WATERMELON RIND—TO MAKE A SWEET, WARMLY SPICED PICKLE THAT IS DELICIOUS SERVED ALONGSIDE GRILLED CHICKEN, SMOKED PORK, AND HAM AND BISCUITS.

PREP: 1 HOUR **STAND:** OVERNIGHT **COOK:** 45 MINUTES
PROCESS: 10 MINUTES **MAKES:** 6 HALF-PINTS

- 1 10-pound watermelon
- 6 cups water
- ⅓ cup pickling salt
- 3½ cups sugar
- 1½ cups white vinegar
- 1½ cups water
- 15 inches stick cinnamon, broken
- 2 teaspoons whole cloves

1. Cut rind from watermelon (should have about 4½ pounds rind). Trim off the pink flesh and the green outer portions of the watermelon rind. Cut the rind into 1-inch squares or other 1-inch shapes. Measure 9 cups.

2. Place the 9 cups rind in a large nonmetal bowl. In another large bowl combine the 6 cups water and the pickling salt; pour over rind (if necessary, add more water to cover rind). Cover bowl and let stand at room temperature overnight.

3. Pour rind mixture into a colander set in the sink. Rinse with cold water; drain well. Transfer rind to a 4-quart heavy pot. Add enough water to cover rind. Bring to boiling; reduce heat. Simmer, covered, for 20 to 25 minutes or until rind is tender; drain.

4. Meanwhile, for syrup, in a 6- to 8-quart stainless-steel, enamel, or nonstick heavy pot combine sugar, vinegar, the 1½ cups water, the cinnamon, and cloves. Bring to boiling, stirring to dissolve sugar; reduce heat. Simmer, uncovered, for 10 minutes. Strain mixture through a sieve, reserving liquid. Discard solids; return liquid to same pot.

5. Add watermelon rind to syrup in pot. Bring to boiling; reduce heat. Simmer, covered, for 25 to 30 minutes or until rind is translucent.

6. Pack hot rind and syrup into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

7. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

Per ¼ cup: 117 cal., 0 g fat, 0 mg chol., 1,288 mg sodium, 30 g carb., 0 g fiber, 0 g pro.

FOLLOW THE FORMULA

The acidity level in any pickled food is extremely important because it's directly related to the safety, taste, and texture. Never alter the amounts of vinegar, food, or water in a recipe or use a vinegar with an unknown acidity. Always use vinegar with an acidity level of at least 5 percent. "Pickling vinegar" has a 7 percent acidity and will make your pickles more sour.

PICKLES & FERMENTED FOODS

PICKLED SWEET AND HOT PEPPERS

SERVE THIS DELICIOUSLY SPICY CONDIMENT ALONGSIDE GRILLED STEAKS AND CHICKEN, ON TOP OF A BURGER, AND TOSSED INTO POTATO OR OTHER SALADS.

PREP: 1 HOUR **BAKE:** 20 MINUTES AT 450°F **PROCESS:** 15 MINUTES
MAKES: 6 PINTS OR 12 HALF-PINTS **PHOTO**

- 4½ pounds green, red, yellow, and/or orange sweet peppers
- 1½ pounds hot chile peppers, such as Anaheim, jalapeño, yellow banana, or Hungarian
- 6½ cups white or cider vinegar
- 1⅓ cups water
- ⅔ cup sugar
- 4 teaspoons pickling salt
- 3 cloves garlic, peeled

1. Preheat oven to 450°F. Cut sweet peppers into quarters, removing stems, seeds, and membranes. Line an extra-large baking sheet with foil. Place sweet pepper quarters, cut sides down, on prepared baking sheet. Bake about 20 minutes or until skins are bubbly and dark. Place peppers in a clean, brown paper bag; seal bag. Let stand for 10 minutes or until cool enough to handle. Using a paring knife, gently peel off skins; set sweet peppers aside.

2. Remove stems and seeds from hot chile peppers (see tip). Slice into rings.

3. In a large stainless-steel, enamel, or nonstick saucepan combine vinegar, the water, sugar, pickling salt, and garlic. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove garlic cloves.

4. Pack sweet and hot peppers into hot sterilized pint or half-pint canning jars, leaving a ½-inch headspace. Pour hot liquid over peppers, maintaining the ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 2 TABLESPOONS: 28 cal., 0 g fat, 0 mg chol., 180 mg sodium, 9 g carb., 1 g fiber, 1 g pro.

VINEGAR VARIETIES

Vinegar serves as a flavoring agent and a preservative in most pickle recipes. Distilled white vinegar is the most frequently used for its clean, tart acid flavor—and for the fact that it does not affect the color of the fruit or vegetable being pickled. However, golden-color apple cider vinegar is a good choice for many recipes as well. Made from fermented apple juice, it has a mellow, fruity flavor that pairs well with spices.

PICKLES & FERMENTED FOODS

GARLICKY PICKLED MIXED VEGGIES

LIKE A FARMER'S MARKET IN A JAR, THIS COLORFUL BLEND OF VEGETABLES OFFERS A BOUNTY OF BEAUTY, FLAVOR, AND TEXTURE. FOR A LIGHT DINNER OR LUNCH, PILE ONTO A BED OF LETTUCE OR TOSS INTO A GRAIN-BASED SALAD.

PREP: 45 MINUTES **PROCESS:** 10 MINUTES **MAKES:** 6 PINTS **PHOTO**

- 2 ears of corn
- 3 cups cauliflower florets
- 3 medium red sweet peppers, seeded and cut into 1-inch pieces
- 12 ounces green beans, trimmed and cut into 1-inch pieces
- 3 medium carrots, cut into ½-inch slices
- 2 medium onions, cut into small thin wedges
- 3 cups water
- 3 cups white vinegar
- 1 cup sugar
- 1 tablespoon kosher salt
- 18 cloves garlic, smashed
- 1½ teaspoons crushed red pepper

1. Remove husks from ears of corn. Scrub with a stiff brush to remove silks; rinse. Cut cobs into 1- to 1½-inch pieces. In an 8-

quart pot combine corn, cauliflower, sweet peppers, green beans, carrots, and onions. Add enough water to cover. Bring to boiling. Cook, uncovered, for 3 minutes; drain. If desired, cut corn lengthwise into halves or quarters.

2. In a 4- to 5-quart stainless-steel, enamel, or nonstick heavy pot combine the 3 cups water, the vinegar, sugar, and salt. Bring to boiling, stirring to dissolve sugar.

3. Pack vegetables into six hot sterilized pint canning jars, leaving a ½-inch headspace. Add 3 cloves garlic and ¼ teaspoon crushed red pepper to each jar. Pour hot vinegar mixture over vegetables, maintaining the ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ cup: 45 cal., 0 g fat, 0 mg chol., 164 mg sodium, 9 g carb., 1 g fiber, 1 g pro.

SELF SEALING

PICKLES & FERMENTED FOODS

ASIAN PICKLED CARROTS

USING PACKAGED BABY-CUT CARROTS MAKES THIS RECIPE A BREEZE.

START TO FINISH: 45 MINUTES **MAKES:** 3 HALF-PINTS

- 1 pound baby carrots
- 1 teaspoon salt
- ¼ cup julienned peeled fresh ginger
- 3 whole allspice
- ¾ cup water
- ¾ cup rice vinegar
- ⅓ cup packed brown sugar
- 4 whole cloves
- 4 whole peppercorns

1. In a covered large saucepan cook carrots with salt in a small amount of boiling water about 3 minutes or until crisp-tender. Drain.

2. Pack carrots into clean half-pint canning or other jars. Divide fresh ginger among jars; place one whole allspice in each jar.

3. In a small stainless-steel, enamel, or nonstick saucepan combine the water, the vinegar, brown sugar, cloves, and peppercorns. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes.

4. Pour hot vinegar mixture over carrots. Wipe jar rims; adjust lids. Cool; label and store in the refrigerator for up to 3 months.

PER ⅓ cup: 18 cal., 0 g fat, 0 mg chol., 135 mg sodium, 5 g carb., 1 g fiber, 0 g pro.

PICKLES & FERMENTED FOODS

PICKLED DILLED GREEN BEANS

CUT THE BEANS TO AN EQUAL LENGTH SO THAT THEY FIT NEATLY IN THE JAR AND IN A VISUALLY PLEASING WAY.

PREP: 45 MINUTES **COOK:** 5 MINUTES **PROCESS:** 5 MINUTES
MAKES: 5 PINTS

- 3 pounds fresh green beans
- 5 fresh Thai or red serrano chile peppers (optional)
- 3 cups water
- 3 cups white wine vinegar
- 3 tablespoons snipped fresh dill or 1 tablespoon dried dill
- 1 tablespoon pickling salt
- 1 tablespoon sugar
- 6 cloves garlic, minced
- ½ teaspoon crushed red pepper or 1 Thai chile pepper
- 5 small heads fresh dill (optional)

1. Wash beans; drain. If desired, remove ends and strings. Leave beans whole. In an uncovered 8-quart pot cook beans and the 5 fresh chile peppers (if using) in enough boiling water to cover for 5 minutes; drain.

2. Pack hot beans lengthwise into hot sterilized pint canning jars, cutting beans to fit, if necessary, and leaving a ½ -inch headspace. Add one of the boiled chile peppers (if using) to each jar. Set aside.

3. In a large stainless-steel, enamel, or nonstick heavy saucepan combine the 3 cups water, the vinegar, the snipped or dried dill, the pickling salt, sugar, garlic, and crushed red pepper. Bring to boiling, stirring until sugar dissolves.

4. Pour hot liquid over beans in jars, maintaining the ½ -inch headspace. If desired, add a head of fresh dill to each jar. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ½ CUP: 42 cal., 0 g fat, 0 mg chol., 357 mg sodium, 7 g carb., 3 g fiber, 2 g pro.

PICKING PRODUCE FOR PICKLING

When pickling any type of produce, choose the most uniform fruits or vegetables so that the appearance in the jar is attractive and the eating quality of each piece is as much the same as possible.

PICKLES & FERMENTED FOODS

LEMON–BAY LEAF BEAN PICKLES

ALTHOUGH THEY MAKE AN EXCELLENT SNACK, THESE CITRUSY PICKLED BEANS ALSO MAKE A SUPERB GARNISH FOR A SPICY BLOODY MARY.

PREP: 45 MINUTES **PROCESS:** 10 MINUTES **MAKES:** 4 PINTS **PHOTO**

- 2¾ cups water
- 2 cups white wine vinegar
- ½ cup sugar
- ⅓ cup bottled lemon juice
- 1 tablespoon pickling salt
- 2¼ pounds fresh green and/or yellow beans, trimmed (about 11 cups)
- 8 bay leaves
- 4 teaspoons whole black peppercorns
- 8 strips lemon peel

1. In a 6- to 8-quart stainless-steel, enamel, or nonstick heavy pot combine the water, vinegar, sugar, lemon juice, and salt. Bring to boiling over medium-high heat, stirring constantly until sugar and salt dissolve. Add beans; return to boiling. Boil for 1 minute. Drain beans, reserving the liquid. Return reserved liquid to the pot. Return to a simmer; cover.

2. Pack hot beans into four hot sterilized pint canning jars, leaving a ½ -inch headspace. Add 2 bay leaves, 1 teaspoon peppercorns, and 2 strips lemon peel to each jar. Pour vinegar

mixture over beans, maintaining the ½ -inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 27 cal., 0 g fat, 0 mg chol., 184 mg sodium, 6 g carb., 1 g fiber, 1 g pro.

SPICE IS NICE

The recipes in this book call for a blend of individual spices, but there are also commercial pickling spice blends available. Most blends include some combination of allspice, bay leaves, cardamom, cinnamon, cloves, coriander, ginger, mustard seeds, and peppercorns. They're great in pickles but can also add flavor to pot roasts, stews, braised meats, soups, and rice dishes.

PICKLES & FERMENTED FOODS

JUNIPER-MAPLE COCKTAIL ONIONS

THE CLASSIC GIBSON COCKTAIL IS GARNISHED WITH COCKTAIL ONIONS. TO MAKE A GIBSON, COMBINE 2 OUNCES GIN, ½ OUNCE DRY VERMOUTH, AND ½ CUP ICE CUBES IN A COCKTAIL SHAKER. SHAKE UNTIL VERY COLD. STRAIN INTO A CHILLED MARTINI GLASS. GARNISH WITH A PICK THREADED WITH COCKTAIL ONIONS. FOR A "DIRTY GIBSON," ADD A SPLASH OF THE BRINE TO THE SHAKER.

PREP: 30 MINUTES **CHILL:** 4 HOURS **COOK:** 15 MINUTES
PROCESS: 10 MINUTES **STAND:** 1 WEEK **MAKES:** 4 HALF-PINTS
PHOTO

- 5 cups red and/or white pearl onions
- 2½ cups water
- 2 tablespoons kosher salt
- 1¼ cups water
- 1¼ cups white vinegar
- ⅔ cup pure maple syrup
- ¼ cup red wine vinegar
- 1 tablespoon juniper berries

1. In a medium saucepan cook onions in enough boiling water to cover for 1 minute; drain and cool slightly. Remove stem ends; peel onions.

2. In a large bowl combine the 2½ cups water and salt; add onions. Cover and chill for 4 hours; drain. Rinse with cold water; drain again.

3. In a medium stainless-steel, enamel, or nonstick heavy saucepan combine the 1¼ cups water, the white vinegar, maple syrup, red wine vinegar, and juniper berries. Bring to boiling, stirring occasionally; reduce heat. Simmer, covered, for 15 minutes.

4. Pack onions into hot sterilized half-pint canning jars, leaving a ¼ -inch headspace. Pour hot vinegar mixture over onions, distributing juniper berries evenly among jars and maintaining the ¼ -inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks. Let stand at room temperature for 1 week before serving.

PER 3 ONIONS: 53 cal., 0 g fat, 0 mg chol., 155 mg sodium, 12 g carb., 0 g fiber, 0 g pro.

PICKLES & FERMENTED FOODS

WALLA WALLA PICKLED ONIONS

THE WHOLE SEEDS—MUSTARD, ALLSPICE, AND ANISE—SINK TO THE BOTTOM OF THE ONION MIXTURE WHEN IT'S COOKED. BE SURE WHEN YOU DISTRIBUTE THE ONION MIXTURE AMONG THE JARS AND POUR THE HOT VINEGAR OVER THEM THAT THE SPICES GET EVENLY DISTRIBUTED TOO.

PREP: 2¼ HOURS **COOK:** 10 MINUTES **PROCESS:** 10 MINUTES
MAKES: 7 PINTS

- 5½ pounds sweet onions, such as Walla Walla
- 4 green or red sweet peppers
- 4½ cups cider vinegar
- ⅔ cup honey
- 1 teaspoon mustard seeds
- 1 teaspoon whole allspice
- ½ teaspoon anise seeds
- 7 bay leaves

1. Peel onions; cut into ¼ -inch slices (should have 22 cups when separated into rings). Remove seeds from peppers and slice into rings (should have 6 cups loosely packed).

2. In an 8- to 10-quart stainless-steel, enamel, or nonstick pot combine vinegar, honey, mustard seeds, allspice, and anise seeds; bring to boiling. Boil, uncovered, for 3 minutes. Add onion rings; cook and stir gently about 8 minutes or just until

onions begin to turn limp. Remove from heat; stir in pepper rings.

3. Add one bay leaf to each hot sterilized pint canning jar. Pack onions and peppers into jars, leaving a ¼ -inch headspace. Pour hot vinegar mixture over onions and peppers, maintaining the ¼ -inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 37 cal., 0 g fat, 0 mg chol., 2 mg sodium, 10 g carb., 1 g fiber, 1 g pro.

PICKLES & FERMENTED FOODS

PICKLED GOLDEN BEETS WITH LEMON AND FENNEL SEEDS

THIS RECIPE AND THE VARIATION LET YOU SWITCH UP THE BEET COLOR (GOLDEN OR RED), THE CITRUS FLAVOR (LEMON OR ORANGE), AND THE SPICE (FENNEL OR CINNAMON). MAKE A BATCH OF EACH AND GIVE THE JARS AWAY IN PAIRS AS GIFTS.

PREP: 30 MINUTES **COOK:** 25 MINUTES **PROCESS:** 30 MINUTES
MAKES: 6 HALF-PINTS

- 3 pounds small to medium golden beets (2- to 3-inch-diameter)
- 2 cups white vinegar
- 1 cup water
- ½ cup sugar
- 1 tablespoon fennel seeds
- 2 teaspoons finely shredded lemon peel
- 10 whole pink peppercorns

1. Wash beets. Cut off beet tops, leaving 1-inch stems; trim root ends. Place beets in a 4- to 6-quart pot; add enough water to cover. Bring to boiling; reduce heat. Simmer, uncovered, about 25 minutes or until tender; drain. Cool beets slightly; trim off roots and stems. Slip off and discard the skins; quarter beets.

2. In the same pot combine vinegar, the water, sugar, fennel seeds, lemon peel, and peppercorns. Bring to boiling; reduce

heat. Simmer, uncovered, for 5 minutes.

3. Pack beets in hot sterilized half-pint canning jars, leaving a ½ -inch headspace. Carefully pour the hot vinegar mixture with the spices over beets, maintaining the ½ -inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 30 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PICKLED BEETS WITH ORANGE AND CINNAMON: Prepare as directed, except use red beets, substitute finely shredded orange peel for the lemon peel, and omit the fennel seeds. To make a spice bag, cut a 6-inch square from a double layer of 100-percent-cotton cheesecloth. Place the pink peppercorns, 3 inches stick cinnamon, and 8 whole cloves in the center of the square. Bring up the corners; tie closed with clean kitchen string. Add the spice bag with the vinegar. Remove and discard spice bag before pouring vinegar mixture over the beets.

PER ¼ CUP LEMON AND FENNEL OR ORANGE AND CINNAMON BEETS:
23 cal., 0 g fat, 0 mg chol., 28 mg sodium, 5 g carb., 1 g fiber, 1 g pro.

PRODUCE SOURCES

Canned foods start with the source. While your own garden can be one of the best, most bountiful sources for produce, not everyone has the space or personal situation for a garden. Consider other sources, such as farmer's markets, pick-your-own farms and orchards, community-supported agriculture (CSA), specialty and ethnic markets, and grocery stores.

PICKLES & FERMENTED FOODS

PICKLED BEETS

ALTHOUGH THIS RECIPE CALLS FOR SMALL WHOLE BEETS, YOU CAN USE LARGER ONES. FOLLOW THE DIRECTIONS IN STEP 1, THEN AFTER COOKING AND REMOVING SKINS, CUT THE BEETS INTO 1-INCH CHUNKS OR ¼ -INCH SLICES.

PREP: 20 MINUTES **COOK:** 30 MINUTES **PROCESS:** 30 MINUTES
MAKES: 6 HALF-PINTS **PHOTO**

- 3 pounds small whole beets (about 2-inch-diameter)
- 2 cups cider vinegar
- 1 cup water
- ½ cup sugar
- 3 inches stick cinnamon
- 1 teaspoon whole allspice
- 6 whole cloves

1. Wash beets. Cut off beet tops, leaving 1 inch of stems; trim root ends. Do not peel. In a large saucepan cook beets in enough boiling, lightly salted water to cover about 25 minutes or until tender; drain. Cool beets slightly; trim off roots and stems. Slip off and discard the skins; quarter beets.

2. In a medium stainless-steel, enamel, or nonstick heavy saucepan combine vinegar, the 1 cup water, and sugar. For a spice bag, cut a 6-inch square from a double layer of 100-percent-cotton cheesecloth. Place cinnamon, allspice, and cloves in the center of the square. Bring up corners; tie closed with

clean kitchen string. Add spice bag to saucepan. Bring to boiling, stirring to dissolve sugar; reduce heat. Simmer, uncovered, for 5 minutes. Remove and discard spice bag.

3. Pack beets into hot sterilized half-pint canning jars, leaving a ½ -inch headspace. Pour hot vinegar mixture over beets, maintaining the ½ -inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 30 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1/3 CUP: 29 cal., 0 g fat, 0 mg chol., 17 mg sodium, 8 g carb., 1 g fiber, 0 g pro.

PICKLES & FERMENTED FOODS

WHITE BALSAMIC-ROSEMARY PICKLED MUSHROOMS

COMMERCIALLY GROWN MUSHROOMS—SUCH AS THE WHITE BUTTON OR CREMINI CALLED FOR HERE—ARE FINE FOR PICKLING, BUT DO NOT CAN OR PICKLE WILD MUSHROOMS.

PREP: 30 MINUTES **COOK:** 10 MINUTES **PROCESS:** 20 MINUTES
MAKES: 5 HALF-PINTS

- 2 pounds fresh cremini and/or button mushrooms, halved or quartered
- 2 tablespoons bottled lemon juice
- 1⅓ cups white balsamic vinegar
- 1 cup white wine vinegar
- ⅓ cup honey
- 2 tablespoons snipped fresh rosemary
- 4 teaspoons whole black peppercorns
- 2½ teaspoons kosher salt
- 3 cloves garlic, minced
- 6 tablespoons finely chopped shallots (3 medium)

1. In a large stainless-steel, enamel, or nonstick saucepan combine mushrooms and lemon juice. Add enough water to cover; bring to boiling. Boil for 1 minute; drain.

2. In a medium stainless-steel, enamel, or nonstick saucepan combine balsamic vinegar, wine vinegar, honey, rosemary,

peppercorns, salt, and garlic. Bring to boiling, stirring to dissolve honey; reduce heat. Simmer, covered, for 10 minutes. Remove from heat; stir in shallots.

3. Pack mushrooms into hot sterilized half-pint canning jars, leaving a ½ -inch headspace. Pour hot vinegar mixture over mushrooms, distributing the rosemary, peppercorns, and garlic evenly among jars and maintaining the ½ -inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 20 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 89 cal., 0 g fat, 0 mg chol., 334 mg sodium, 20 g carb., 1 g fiber, 2 g pro.

PICKLES & FERMENTED FOODS

PICKLED RED CABBAGE

THIS RECIPE—WHICH CALLS FOR 28 CUPS OF SHREDDED CABBAGE—MAKES A STRONG ARGUMENT FOR USING THE SHREDDING BLADE ON A FOOD PROCESSOR TO PREP THE PRODUCE FOR PICKLING.

PREP: 1 HOUR 30 MINUTES **COOK:** 15 MINUTES **PROCESS:** 15 MINUTES
MAKES: 5 PINTS

- 8 cups cider vinegar
- ¾ cup packed brown sugar
- ½ cup water
- ¼ cup pickling salt
- 1 teaspoon celery seeds
- 1 teaspoon cracked black pepper
- ½ teaspoon ground mace
- ½ teaspoon ground allspice
- ½ teaspoon ground cinnamon
- 4½ pounds shredded red cabbage (28 cups)
- 1 medium red onion, halved and thinly sliced

1. In an 8-quart stainless-steel, enamel, or nonstick pot bring vinegar, brown sugar, the water, salt, celery seeds, pepper, mace, allspice, and cinnamon to boiling, stirring to dissolve sugar and salt. Gradually add cabbage and onion and return to boiling; reduce heat. Simmer, uncovered, for 15 minutes. Drain; reserving cooking liquid.

2. Pack cabbage mixture into hot sterilized pint canning jars, leaving ½ -inch headspace. Ladle hot liquid into jars, maintaining the ½ -inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 15 minutes. Remove jars from canner; cool on wire racks.

PER ¼ CUP: 53 cal., 0 g fat, 0 mg chol., 807 mg sodium, 11 g carb., 1 g fiber, 1 g pro.

PACKING THE POT

For large-scale canning recipes that call for copious amounts of produce, adding the prepared vegetable or fruit in batches and allowing it to cook down slightly before adding the next batch allows you to eventually get everything in the pot without experiencing overflow.

PICKLES & FERMENTED FOODS

MEXICAN PICKLED PINTOS, CORN, AND POBLANO PEPPERS

FOR A QUICK SUMMER SUPPER, TOP TOSTADAS WITH SHREDDED ROTISSERIE CHICKEN, TOMATOES, LETTUCE, AND THIS CRUNCHY PICKLED VEGGIE MIX. IF YOU LIKE, DRIZZLE WITH MEXICAN CREMA AND SPRINKLE WITH SNIPPED CILANTRO.

PREP: 45 MINUTES **ROAST:** 30 MINUTES AT 425°F
STAND: 15 MINUTES + 3 WEEKS **PROCESS:** 15 MINUTES
MAKES: 5 PINTS **PHOTO**

- 1½ pounds fresh poblano chile peppers (about 6 peppers)
- 4 cups fresh corn kernels (about 8 ears of corn)
- 3 15- to 16-ounce cans pinto beans, rinsed and drained
- 3 cups white vinegar
- 1 cup sugar
- 1 cup water
- 2 tablespoons pickling salt
- 1 tablespoon cumin seeds
- 3 cloves garlic, coarsely chopped
- Snipped fresh cilantro (optional)

1. To roast peppers, preheat oven to 425°F. Cut peppers in half lengthwise; remove stems, seeds, and membranes (see tip). Place pepper halves, cut sides down, on a foil-lined baking sheet. Roast for 30 to 35 minutes or until skins are blistered and dark. (Or broil 4 to 5 inches from heat for 8 to 10 minutes.) Bring the foil up and around peppers and fold edges to enclose. Let stand about 15 minutes or until cool enough to handle. Using a sharp knife, loosen edges of skins; gently pull off skins in strips and discard. Cut peppers into ½ -inch pieces.

2. In a covered medium saucepan cook corn in a small amount of boiling water for 5 minutes. Drain and cool. In a large bowl combine the corn, poblano peppers, and beans; set aside.

3. In a large stainless-steel, enamel, or nonstick heavy pot combine vinegar, sugar, the water, pickling salt, cumin seeds, and garlic. Bring to boiling over medium-high heat, stirring to dissolve the sugar.

4. Pack bean mixture into hot sterilized pint canning jars, leaving a ½ -inch headspace. Pour the hot vinegar mixture over the vegetable mixture, distributing the spices evenly among jars and maintaining the ½ -inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks. Let stand for 3 weeks before serving. If desired, serve topped with fresh cilantro.

PER ¼ CUP: 51 cal., 1 g fat (0 g sat. fat), 0 mg chol., 221 mg sodium, 10 g carb., 0 g fiber, 2 g pro.

PACK LIGHT

Most vegetables shrink during processing, but a few actually expand. Corn, peas, and lima beans are all starchy vegetables that swell slightly when canned or pickled. Pack the jars loosely to allow for some expansion—but always leave the appropriate headspace.

PICKLES & FERMENTED FOODS

SWEET RIESLING PICKLED RADISHES

THE RADISH SLICES LOSE THEIR RED COLOR AROUND THE EDGES AFTER PROCESSING, BUT BOTH THE LIQUID AND SLICES TURN A PRETTY PINK COLOR.

PREP: 45 MINUTES **CHILL:** 1 HOUR **COOK:** 15 MINUTES
PROCESS: 10 MINUTES **MAKES:** 5 HALF-PINTS **PHOTO**

- 2 pounds radishes
- 2½ cups water
- 2 tablespoons kosher salt
- 1¾ cups Riesling or other white wine
- 1 cup white wine vinegar
- 3 tablespoons sugar
- 2 teaspoons whole multicolor peppercorns
- 10 whole cloves
- ½ teaspoon whole allspice

1. Wash radishes; trim off radish tops and roots. Cut radishes into ¼ -inch slices. In a large nonmetal bowl stir together the 2½ cups water and salt; add radishes. Cover and chill for 1 to 2 hours, stirring occasionally. Pour radish mixture into a colander placed in the sink. Rinse with cold water; drain.

2. In a medium stainless-steel, enamel, or nonstick heavy saucepan combine wine, vinegar, sugar, peppercorns, cloves,

and allspice. Bring to boiling, stirring to dissolve sugar; reduce heat. Simmer, covered, for 15 minutes.

3. Pack radishes into hot sterilized half-pint canning jars, leaving a ¼ -inch headspace. Pour hot vinegar mixture over radishes, distributing the whole spices evenly and maintaining the ¼ -inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 35 cal., 0 g fat, 0 mg chol., 608 mg sodium, 4 g carb., 1 g fiber, 0 g pro.

SOAK IT IN

In many pickle recipes, the vegetables or fruit are soaked in a salty brine and then rinsed with cold water before being combined with the pickling liquid and packed into jars for canning. When included, this step helps improve the texture of the final product—making it crisper.

PICKLES & FERMENTED FOODS

SWEET SAFFRON-SCENTED PICKLED FENNEL AND RED PEPPERS

WITH FENNEL, SWEET PEPPERS, AND SAFFRON, A FEW BITES OF THIS COLORFUL PICKLE WILL TRANSPORT YOUR TASTE BUDS TO THE MEDITERRANEAN. SERVE AS AN ACCOMPANIMENT TO GRILLED FISH OR AS PART OF A TAPAS-STYLE BUFFET.

PREP: 30 MINUTES **COOK:** 10 MINUTES **PROCESS:** 15 MINUTES
STAND: 1 WEEK **MAKES:** 8 PINTS **PHOTO**

- 6 medium fennel bulbs, trimmed, cored, and thinly sliced
- 2 pounds red sweet peppers, seeded and cut into strips
- 4 cups sugar
- 4 cups water
- 2½ cups white wine vinegar
- 2½ cups white vinegar
- 2 teaspoons kosher salt
- 2 teaspoons whole pink peppercorns
- ½ teaspoon saffron threads, crumbled

1. In a large bowl combine fennel and sweet peppers; set aside.

2. In a 4- to 6-quart stainless-steel, enamel, or nonstick heavy pot combine sugar, the water, wine vinegar, white vinegar, salt, peppercorns, and saffron. Bring to boiling, stirring to dissolve sugar; reduce heat. Simmer, covered, for 10 minutes.

3. Pack vegetables into hot sterilized pint canning jars, leaving a ½ -inch headspace. Pour hot vinegar mixture over vegetables, distributing peppercorns evenly among jars and maintaining the ½ -inch headspace. Wipe jars rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks. Let stand at room temperature for 1 week before serving.

PER ¼ CUP: 89 cal., 0 g fat, 0 mg chol., 100 mg sodium, 20 g carb., 1 g fiber, 1 g pro.

PICKLES & FERMENTED FOODS

PICKLED BUTTERNUT SQUASH

BUTTERNUT SQUASH VENTURES INTO NEW TERRITORY IN THIS SWEET AND SPICY PICKLE FLAVORED WITH FENNEL, GARLIC, CRUSHED RED PEPPER, AND OREGANO.

PREP: 1 HOUR **STAND:** 3 HOURS **COOK:** 10 MINUTES
PROCESS: 10 MINUTES **STAND:** 3 WEEKS **MAKES:** 4 PINTS

- 3 pounds butternut squash, peeled, seeded, and cut into ¾ -inch cubes
- 2 tablespoons kosher salt
- 2½ cups white wine vinegar
- 1 cup honey
- 1 bay leaf
- 2 teaspoons fennel seeds
- 3 cloves garlic, coarsely chopped
- 1 teaspoon crushed red pepper
- 8 whole black peppercorns
- 8 sprigs fresh oregano

1. In a large bowl combine squash and salt; toss to coat. Let stand at room temperature for 3 to 4 hours. Transfer squash to a colander placed in a sink. Rinse with cold water; drain.

2. In a large stainless-steel, enamel, or nonstick heavy pot combine vinegar, honey, bay leaf, fennel seeds, garlic, crushed red pepper, and peppercorns. Bring to boiling over medium-high heat, stirring to dissolve honey; reduce heat. Simmer, covered, for 10 minutes. Remove and discard bay leaf.

3. Pack squash and oregano sprigs into hot sterilized pint canning jars, leaving a ½ -inch headspace. Pour hot vinegar mixture over squash, distributing the whole spices evenly among jars and maintaining the ½ -inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks. Let stand at room temperature for 3 weeks before serving.

PER ¼ CUP: 56 cal., 0 g fat, 0 mg chol., 94 mg sodium, 13 g carb., 1 g fiber, 0 g pro.

PICKLES & FERMENTED FOODS

ZUCCHINI AND SWEET PEPPER REFRIGERATOR PICKLES

THESE EASY-TO-MAKE PICKLES COMPLEMENT EVERYTHING FROM HAMBURGERS TO HOT DOGS TO FISH SANDWICHES —AND THEY STAY CRISP EVEN AFTER A MONTH IN THE REFRIGERATOR.

PREP: 30 MINUTES **STAND:** 3 HOURS **COOL:** 30 MINUTES
CHILL: 24 HOURS **MAKES:** 7 PINTS

- 6 cups thinly sliced zucchini
- 3 cups thinly sliced red and/or green sweet peppers
- 1 cup thinly sliced red onion (1 large)
- 1 tablespoon kosher salt
- Cold water
- 3 cups sugar
- 3 cups cider vinegar
- 3 cups water

1. In an extra-large nonmetallic bowl combine zucchini, sweet peppers, and onion. Sprinkle vegetables with kosher salt; toss gently to coat. Add enough cold water to cover vegetables. Cover and let stand at room temperature for 3 hours.

2. Transfer vegetable mixture to a colander set in sink. Rinse with cold water; drain.

3. In a large stainless-steel, enamel, or nonstick heavy pot combine sugar, vinegar, and the 3 cups water. Bring to boiling, stirring to dissolve sugar. Remove from heat.

4. Pack vegetables into clean pint canning jars or other jars. Pour hot vinegar mixture over vegetables, making sure to cover vegetables. Wipe jar rims. Cool for 30 minutes. Adjust lids and label. Chill for at least 24 hours before serving. Store in the refrigerator for up to 1 month.

PER ¼ CUP: 49 cal., 0 g fat, 0 mg chol., 28 mg sodium, 12 g carb., 0 g fiber, 0 g pro.

THE UPSIDE OF FRIDGE PICKLES

Although they can't be stored as long as traditionally canned pickles, there are many benefits to refrigerator pickles. They could not be simpler to make and they don't require even one piece of special equipment. Skip sterilizing the jars—just wash them in hot soapy water and rinse well. And because they aren't processed, they tend to be even crisper than traditional canned pickles. You just have to eat them up faster—and that's not a problem.

PICKLES & FERMENTED FOODS

THAI CHILE REFRIGERATOR PICKLES

BECAUSE THE FLAVOR IN THESE PICKLES COMES MOSTLY FROM COLD SOAKING—NOT HEAT PROCESSING—HALVING THE CHILES BEFORE PLACING THEM IN THE JAR EXPOSES THE SEEDS TO THE BRINE AND INFUSES THE PICKLES WITH MORE FLAVOR THAN IF THEY WERE LEFT WHOLE. ADD THE OPTIONAL LEMONGRASS TO BUMP UP THE ASIAN FLAVOR.

PREP: 30 MINUTES **COOL:** 30 MINUTES **CHILL:** 1 WEEK
MAKES: 5 PINTS **PHOTO**

- 2½ to 3 pounds 4-inch pickling cucumbers*
- 2½ cups water
- 2½ cups rice vinegar
- 1 cup sugar
- 1 cup white vinegar
- 1 tablespoon kosher salt
- 10 fresh Thai chile peppers, halved lengthwise (see tip)
- 5 cloves garlic, smashed
- 5 stalks lemongrass, peeled, trimmed, and thinly sliced (optional)

1. Thoroughly scrub cucumbers. Remove stems and blossoms; slice off blossom ends. Cut cucumbers lengthwise into quarters.

2. In a 4- to 5-quart stainless-steel, enamel, or nonstick heavy pot combine the water, rice vinegar, sugar, white vinegar, and salt. Bring to boiling, stirring to dissolve sugar.

3. Pack cucumber spears loosely into five clean pint canning jars, leaving a ½ -inch headspace. Add 4 Thai chile halves, 1 clove garlic, and one-fifth of the lemongrass (if using) to each jar. Pour hot vinegar mixture over cucumber mixture, maintaining the ½ -inch headspace. Cool for 30 minutes; adjust lids and label.

4. Chill for at least 1 week before serving. Store in the refrigerator for up to 1 month.

***TIP:** If small pickling cucumbers are not available, cut regular garden cucumbers into 4-inch spears. If you purchase cucumbers for pickling, be sure they have not been coated in wax, which impedes the pickling process.

PER 1 PICKLE SPEAR: 23 cal., 0 g fat, 0 mg chol., 91 mg sodium, 5 g carb., 0 g fiber, 0 g pro.

BE BLOSSOM-FREE

Whether you are making fermented pickles, refrigerator pickles, or canned pickles, always remove and discard a 1/16-inch-thick slice from the blossom end of fresh cucumbers. The blossoms contain an enzyme that can cause pickles to soften.

PICKLES & FERMENTED FOODS

SPICY FERMENTED PICKLES

ALTHOUGH THESE CLASSIC, NOSTALGIA-INDUCING PICKLES ARE THE TYPE THAT USED TO FLOAT IN A CROCK AT EVERY COUNTRY STORE, THEY ALSO MANAGE TO BE THOROUGHLY ON TREND WITH THE MODERN INTEREST IN FERMENTED FOODS. ULTRACRISP AND FLAVORFUL, THEY MAKE A REFRESHING AND SATISFYING SNACK.

PREP: 30 MINUTES **STAND:** 48 HOURS **CHILL:** 3 DAYS
MAKES: 15 PICKLES **PHOTO**

- 3 pounds 4-inch pickling cucumbers
- ½ cup chopped fresh dill (optional)*
- 1 tablespoon dill seeds
- 2 cloves garlic, minced
- 1 tablespoon crushed red pepper
- 1 tablespoon whole black peppercorns
- 8 cups water
- ½ cup cider vinegar
- ⅓ cup pickling salt

1. Wash cucumbers. Cut a thin slice off the blossom end of each cucumber and discard. Leave ¼ inch of stem attached if present (see tip). Place the dill seeds, garlic, crushed red pepper, and whole peppercorns in a large crock (1½ - to 2-gallon size). Add the cucumbers.

2. For brine, in a large bowl or pitcher combine the water, vinegar, and salt; stir until salt dissolves. Pour over cucumbers in crock. Place a plate slightly smaller than the opening of the crock over the cucumbers. Place a 1-gallon resealable plastic bag half-filled with water on top of the plate to weight it down, making sure all of the pickles are submerged in brine by 1 to 2 inches. Cover loosely with a towel.

2. Place crock in a cool, dry place where temperature is between 70°F and 75°F for 2 days. Place crock in the refrigerator for at least 3 days before serving. Chill for up to 2 months.

***TIP:** The chopped fresh dill might cause the brine to become cloudy. For a clearer brine, leave it out.

PER PICKLE: 14 cal., 0 g fat, 0 mg chol., 493 mg sodium, 3 g carb., 0 g fiber, 0 g pro.

PICKLES & FERMENTED FOODS

FERMENTED WHOLE GRAIN MUSTARD

THIS POTENT MUSTARD IS SIMILAR TO DIJON BUT WITH A SLIGHTLY FERMENTED FINISH. THE WHEY FERMENTS THE NATURAL SUGARS, CONVERTING THEM TO LACTIC ACID THAT GIVES THE TANGY FLAVOR. YOU'LL ACTUALLY BE ABLE TO SEE SOME BUBBLES ON THE SURFACE.

PREP: 10 MINUTES **STAND:** 26 HOURS **CHILL:** 3 DAYS
MAKES: 1⅓ CUPS **PHOTO**

- ¾ cup cider vinegar
- ⅓ cup yellow mustard seeds
- ⅓ cup brown mustard seeds
- 1 teaspoon fine sea salt
- 3 tablespoons honey
- 2 cloves garlic, peeled
- 1 tablespoon whey*

1. In a medium bowl combine the vinegar, yellow mustard seeds, brown mustard seeds, and salt. Cover and let stand at room temperature for 24 hours (the seeds will absorb some of the liquid).

2. Place mustard seed mixture, honey, garlic, and whey in a food processor. Cover and process for 1 to 2 minutes or until a thick chunky paste forms. Spoon into a clean 2-cup crock; cover tightly. Let stand at room temperature for 2 hours. Refrigerate

for 3 days to blend flavors before serving. Store in the refrigerator for up to 2 months.

***TIP:** For whey, place 6 ounces (¾ cup) plain yogurt in a fine-mesh sieve lined with 100-percent-cotton cheesecloth or a coffee filter (do not use Greek yogurt or yogurt that contains gelatin). Place the strainer over a small bowl. Cover and chill for 24 hours. The liquid that collects in the bowl is whey. Save the yogurt to serve as a dip or with desserts.

PER 1 TEASPOON: 12 cal., 1 g fat (0 g sat. fat), 0 mg chol., 35 mg sodium, 1 g carb., 0 g fiber, 0 g pro.

FERMENTED FOODS AND HEALTH

Although eating small amounts of fermented foods in pickles and condiments is mostly about flavor, there is some evidence that properly fermented foods may have some health benefits. The good bacteria found in fermented foods may promote better absorption of nutrients. And while there are many wild health claims being made in the blogosphere, even the Mayo Clinic asserts that fermented foods contain healthful bacteria that can help maintain normal gastrointestinal and immune system function.

PICKLES & FERMENTED FOODS

FERMENTED SRIRACHA-STYLE ASIAN CHILI SAUCE

THIS SPICY CONCOCTION IS GREAT DRIZZLED OVER FRIED EGGS, NOODLES, AND VIETNAMESE-STYLE BAHN MI SANDWICHES.

PREP: 25 MINUTES **FERMENT:** 8 DAYS **COOK:** 5 MINUTES
MAKES: 1¾ CUPS

- 1½ pounds fresh hot red chile peppers, such as Fresno, Anaheim, Thai, jalapeño, and/or serrano, stemmed and coarsely chopped (see tip)
- ¼ cup packed brown sugar
- ¼ cup water
- 1 tablespoon salt
- 5 cloves garlic, smashed
- ½ cup rice vinegar
- 1 teaspoon fish sauce (optional)

1. In a food processor or blender combine chile peppers, brown sugar, the

water, the salt, and garlic. Cover and process or blend about 3 minutes or until smooth.

2. Transfer chile pepper mixture to a 2-quart food-safe ceramic, glass, or plastic bowl or container. Cover loosely with plastic wrap. Place in a dark, dry place at room temperature. Let stand for 8 days to ferment, stirring once every day. After 2 to 3 days you should notice bubbling in the mixture, showing that fermentation is occurring.

3. Return chile pepper mixture to food processor or blender. Add vinegar. Cover and process or blend until very smooth. Strain mixture through a fine-mesh sieve into a large saucepan; discard solids.

4. Bring to boiling; reduce heat. Simmer, uncovered, for 5 to 10 minutes or until slightly thickened, stirring frequently (the sauce will thicken a bit more as it cools). Remove from heat. If desired, stir in fish sauce. Cool to room temperature.

5. Transfer chili sauce to clean canning jars or airtight storage containers. Seal and store in the refrigerator for up to 6 months.

PER 1 TEASPOON: 7 cal., 0 g fat, 0 mg chol., 71 mg sodium, 1 g carb., 0 g fiber, 0 g pro.

PICKLES & FERMENTED FOODS

PEAR-JUNIPER BERRY SAUERKRAUT

JUNIPER-INFUSED SAUERKRAUT IS THE CLASSIC ACCOMPANIMENT TO CHOUCROUTE GARNIE, A HEARTY ALSATIAN DISH OF PORK LOIN, SAUSAGES, AND OTHER SMOKED AND SALTED MEATS (BACON!). IT'S ALSO TRADITIONALLY SERVED WITH BOILED NEW POTATOES AND COARSE-GRAIN MUSTARD (SEE RECIPE).

PREP: 45 MINUTES **STAND:** 10 MINUTES + 2 TO 24 HOURS
FERMENT: 2 WEEKS **MAKES:** 6 CUPS

- 3 to 4 pounds green or red cabbage
- 2 Bosc pears, cored and shredded or finely chopped (2 cups)
- 1½ tablespoons pickling salt
- 1 tablespoon sugar
- 1 tablespoon juniper berries
- 4 cups water
- 4 teaspoons pickling salt

1. Remove outer leaves from cabbage. Quarter cabbage heads lengthwise; remove cores. Using a mandoline, food processor, or large chef's knife, finely shred cabbage. Measure 2½ pounds shredded cabbage.

2. Place the 2½ pounds shredded cabbage in a large ceramic crock, glass container, or plastic food container that holds at

least 1 gallon. Add pears, pickling salt, sugar, and juniper berries. Using very clean hands or tongs, toss the cabbage with the other ingredients. Let stand for 10 minutes. Using a clean, heavy plate that fits just inside the container, press plate down on cabbage. Let stand at room temperature for 2 to 24 hours, tossing cabbage and pressing plate down on cabbage every hour or until enough liquid is released to cover cabbage by at least 1 inch. (If the cabbage does not release enough liquid, you will need to add additional brine to the cabbage. For brine, combine water and pickling salt in a ration of 1 cup water to 1 teaspoon pickling salt.)

3. Place a large resealable plastic bag filled with the 4 cups water plus 4 teaspoons pickling salt (or a clean 1-gallon jug full of water) over the plate to weight it down. Cover container with a clean dishcloth or loose-fitting lid. Place the container in a cool place out of direct sunlight to ferment for 2 to 3 weeks.

4. Every 2 or 3 days while the sauerkraut is fermenting, replace the dishcloth with a clean dishcloth, skim off any white residue that forms on the surface of the cabbage, and clean and replace the plate. If any discolored cabbage appears at the top, remove and discard it. If the water level gets too low, add enough brine (ratio of 1 cup water to 1 teaspoon pickling salt) to cover. The cabbage must be submerged completely in brine to ferment safely. If you see any mold at the surface, discard the sauerkraut. The sauerkraut is ready when it has a slightly crunchy texture and pleasantly tangy flavor.

5. Transfer the undrained sauerkraut to clean canning jars or airtight containers; seal and label. Store in the refrigerator for up to 2 months.

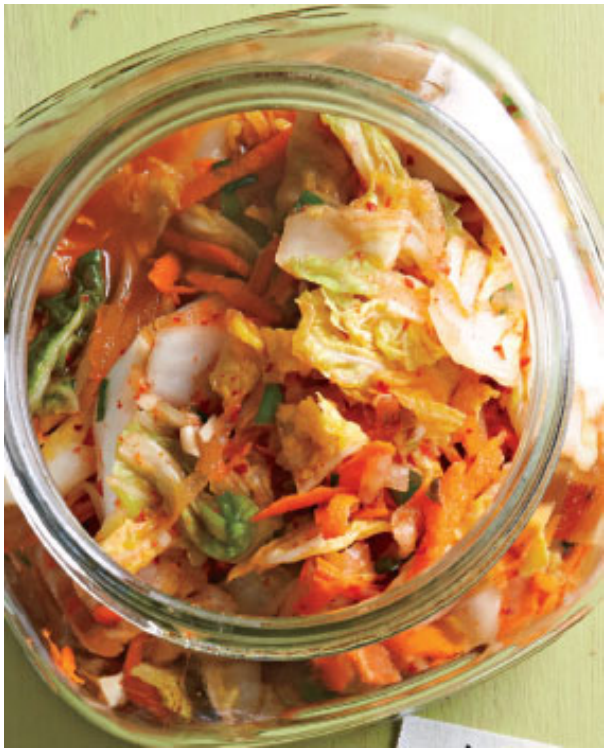
PER ¼ CUP: 24 cal., 0 g fat, 0 mg chol., 452 mg sodium, 6 g carb., 2 g fiber, 1 g pro.

PICKLES & FERMENTED FOODS

KIMCHI

A TRADITIONAL INGREDIENT IN KIMCHI, KOREAN CHILE FLAKES (GOCHUGARU) ARE A BRIGHT RED, FINELY FLAKED CHILE POWDER THAT COMES IN MILD AND HOT VARIETIES. LOOK FOR IT AT ASIAN OR SPECIALTY FOOD STORES. AFTER OPENING THE BAG, STORE IT IN THE FREEZER TO MAINTAIN FRESHNESS.

PREP: 45 MINUTES **STAND:** 10 MINUTES + 4 TO 24 HOURS
FERMENT: 2 TO 3 DAYS **CHILL:** 3 WEEKS **MAKES:** 4 CUPS



- 1 medium head napa cabbage
- 3 tablespoons salt
- ½ cup coarsely shredded daikon
- ½ cup coarsely shredded carrot (1 medium)
- ¼ cup chopped green onions (2)
- 2 tablespoons fish sauce
- 1 to 2 tablespoons Korean chili powder (gochugaru red pepper powder or flakes) or Asian chili sauce (Sriracha sauce)
- 1 tablespoon grated fresh ginger
- 2 cloves garlic, minced

1 teaspoon sugar
4 cups water
4 teaspoons kosher salt

1. Remove any wilted outer leaves from the cabbage. Core and chop cabbage into 2-inch pieces (should have 12 cups pieces). Toss cabbage with the 3 tablespoons salt; place in a large colander set over a bowl. Let stand for 2 to 3 hours or until wilted.

2. In a large clean bowl combine daikon, carrot, green onions, fish sauce, Korean chili powder or Asian chili sauce, ginger, garlic, and sugar.* Rinse cabbage and drain well. Add cabbage to daikon mixture; toss to combine. Let stand for 10 minutes.

3. Transfer cabbage mixture to a large ceramic crock, glass container, or plastic food container. Using a clean heavy plate that fits just inside the container, press plate down on cabbage mixture. Let stand at room temperature for 2 to 24 hours (5 to 24 hours if fermenting in the refrigerator), tossing cabbage and pressing plate down on cabbage every hour or until enough liquid is released to cover cabbage by at least 1 inch. (If the cabbage does not release enough liquid, add enough brine to cover the cabbage by at least 1 inch. For brine, combine water and salt in a ratio of 1 cup water to 1 teaspoon salt.)

4. Place a large resealable plastic bag filled with the 4 cups water plus the 4 teaspoons kosher salt over the plate to weight it down. Cover container with a clean dishcloth or loose-fitting lid.

5. To ferment at room temperature, set container in a cool place out of direct sunlight; let stand for 2 to 3 days. To ferment in the

refrigerator, chill for 3 to 6 days or until the mixture bubbles; this shows that fermentation is taking place.

6. Transfer the kimchi to clean jars or airtight containers; seal and label. Store in the refrigerator for up to 3 weeks before serving.

***TIP:** To avoid burning your eyes and hands from the chili powder and to keep the mixture very clean to prevent contamination, wear rubber gloves when handling the ingredients or wash your hands very well with warm water and soap before and after preparation.

PER ¼ CUP: 15 cal., 0 g fat, 0 mg chol., 561 mg sodium, 3 g carb., 1 g fiber, 1 g pro.

CANNING PRESERVES

CARROT CAKE PRESERVES

CITRUS MANGO PRESERVES

TART CHERRY COFFEE PRESERVES

MEYER LEMON AND ROSEMARY MARMALADE

STRAWBERRY-LEMON MARMALADE

TRY THEM with Dessert

CHUNKS OF PERFECTLY RIPE FRUIT IN SILKY, SPREADABLE JELLY

LOWER-SUGAR PRESERVES AND MARMALADES

Lower-Sugar Balsamic Cherry Preserves
Lower-Sugar Confetti Preserves
Lower-Sugar Double Ginger-Orange Marmalade
Lower-Sugar Dutch Apple Preserves
Lower-Sugar Sparkling Berry Champagne Preserves
Lower-Sugar Spiced Blueberry-Pomegranate Preserves

MARMALADES

Meyer Lemon and Rosemary Marmalade
Strawberry-Lemon Marmalade
Tangerine Marmalade

PRESERVES

Carrot Cake Preserves
Citrus Mango Preserves
Cranberry-Fig Preserves
Rosemary-Pear Preserves
Tart Cherry-Coffee Preserves

TIPS

apples, tart green varieties
citrus, sectioning
crystallized ginger, about
jelly-fruit separation, preventing
marmalade, steps
Meyer lemons, about
pectin for lower-sugar recipes
pomegranate molasses, about

THE BASICS OF

PRESERVES

SIMILAR TO JAMS, PRESERVES ARE SPREADS WITH CHUNKS OF FRUIT IN A SOFT JELLY. THE FRUIT PIECES ARE LARGER AND RETAIN MORE TEXTURE THAN THOSE IN JAMS. MARMALADES FALL INTO THE CATEGORY OF PRESERVES, WITH VARIOUS TYPES OF CITRUS PEEL MAKING UP THE PIECES OF FRUIT.

LOWER-SUGAR DOUBLE GINGER-ORANGE MARMALADE

PREP: 1 HOUR 30 MINUTES **COOK:** 30 MINUTES **PROCESS:** 5 MINUTES
MAKES: 8 HALF-PINTS

- 14 to 16 large oranges
- 2½ cups water
- ⅛ teaspoon baking soda
- 1 cup coarsely snipped crystallized ginger*
- 2 tablespoons ginger juice
- 4 cups sugar
- 1 1.75-ounce package powdered fruit pectin for lower-sugar recipes or 3 tablespoons powdered fruit pectin for low- or no-sugar recipes

1. Using a vegetable peeler, remove peels from 5 or 6 of the oranges (see photo 1). Cut peels into very thin strips (see photo 2); measure 1 cup orange peel strips.

2. Using a paring knife, cut off and discard stem and blossom ends from all of the oranges. Cut away the peels (if present) and any white portions on the oranges. Working over a bowl to catch the juices, section the oranges (should have about 4 cups orange sections with their juices).

3. In a large saucepan combine orange peel strips, the water, and baking soda (see photo 3). Bring to boiling; reduce heat. Simmer, covered, for 20 minutes, stirring occasionally. Stir in orange sections with their juices, crystallized ginger, and ginger juice. Simmer, uncovered, for 10 minutes more. Measure 5½ cups of the orange mixture; discard any remaining mixture.

4. Transfer the 5½ cups orange mixture to a 6- to 8-quart heavy pot. In a small bowl stir together ¼ cup of the sugar and the pectin; stir into orange mixture. Bring to a full rolling boil, stirring constantly. Quickly stir in the remaining 3¾ cups sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam.

5. Ladle hot marmalade into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

6. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

***TIP:** Crystallized ginger is ginger that has been cooked in a sugar syrup and coated with sugar. Look for it with the spices or in the baking section of the grocery store.

PER 1 TABLESPOON: 51 cal., 0 g fat, 0 mg chol., 3 mg sodium, 13 g carb., 1 g fiber, 0 g pro.

1. Using a vegetable peeler, remove only the orange portion of the peel. The white portions taste bitter.

2. With a sharp knife, cut the peel into very thin strips. You will need 1 cup of strips for the marmalade.

3. Cook the orange peel strips in boiling water with a little baking soda. The baking soda helps regulate the acidity as well as softens the peel.

PRESERVES

ROSEMARY-PEAR PRESERVES

A LOT OF CANNING OCCURS DURING SUMMER, WHEN FRUITS ARE AT THEIR FRESHEST. PEARS ARE IN SEASON AROUND THE HOLIDAYS, SO IF YOU MISSED THE SUMMER CANNING SEASON, YOU STILL HAVE TIME TO MAKE HOME-PRESERVED FRUIT FOR THE HOLIDAYS. SPREAD THE PRESERVES OVER WAFFLES FOR A SPECIAL BREAKFAST.

PREP: 55 MINUTES **COOK:** 20 MINUTES **PROCESS:** 10 MINUTES
MAKES: 7 HALF-PINTS **PHOTO**

- 4 to 6 pounds firm, ripe Bartlett or Bosc pears (about 10 medium)
- 3 cups sugar
- 1 cup honey
- 2 teaspoons finely shredded lemon peel
- ½ cup lemon juice
- 2 teaspoons snipped fresh rosemary

1. Core and peel pears. Finely chop enough pears to measure 8 cups.

2. In a 4- to 5-quart heavy pot combine pears, sugar, honey, lemon peel, and lemon juice. Bring to boiling, stirring until sugar dissolves. Stir in rosemary. Simmer, uncovered, for 20 to 25 minutes or until mixture sheets off a metal spoon (see tip), stirring often. Remove from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot preserves into hot sterilized half-pint canning jars, leaving a ½ -inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 44 cal., 0 g fat, 0 mg chol., 0 mg sodium, 12 g carb., 1 g fiber, 0 g pro.

PRESERVES

TANGERINE MARMALADE

TANGERINES COME INTO SEASON IN NOVEMBER, SO STOCK UP ON THEM TO MAKE THIS SPARKLY SPREAD FOR GIFT GIVING.

PREP: 35 MINUTES **PROCESS:** 5 MINUTES **STAND:** 2 WEEKS
MAKES: 7 HALF-PINTS OR 14 FOUR-OUNCE JARS **PHOTO**

- 10 to 12 medium tangerines
- 7 cups sugar
- ½ of a 6-ounce package (1 foil pouch) liquid fruit pectin

1. Peel tangerines, reserving peels. Section tangerines, reserving juices; discard section membranes. Chop fruit; reserve juices and discard seeds (should have 3 cups fruit and ¾ cup juice). Using a sharp knife, scrape off the white portions of peels; discard. Cut enough of the peels into very thin strips to measure ¾ cup.

2. In an 8- to 10-quart pot combine chopped fruit, reserved juices, peel strips, and sugar. Bring to a full rolling boil. Quickly stir in pectin; return to a full boil. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot marmalade into hot sterilized half-pint or 4-ounce canning jars, leaving a ½ -inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks, turning and tilting jars after 20 minutes to distribute fruit evenly throughout marmalade. Repeat as necessary. Let stand at room temperature for 2 weeks before serving.

PER 1 TABLESPOON: 53 cal., 0 g fat, 0 mg chol., 0 mg sodium, 14 g carb., 0 g fiber, 0 g pro.

SECTIONING CITRUS

To peel and section citrus for marmalade, trim a thin slice off of one end of the fruit and set it on a flat surface. Using a small sharp knife, slice off the peel from top to bottom, following the curve of the fruit and reserving the peels. To remove fruit sections from membrane, make a cut on either side of the section toward the center of the fruit. (Work over a bowl to catch any juice.) Remove the section to the bowl; discard the membrane. Thoroughly scrape away the bitter white pith from the peels before using. The peels contain pectin that helps to thicken the marmalade.

PRESERVES

CRANBERRY-FIG PRESERVES

SLATHERED ON THICK SLICES OF TOASTED COUNTRY BREAD, THIS SPREAD FLAVORED WITH GINGER, LEMON, VANILLA, AND CINNAMON IS A NATURAL PAIRED WITH LEFTOVER THANKSGIVING TURKEY.

PREP: 30 MINUTES **COOK:** 15 MINUTES **PROCESS:** 5 MINUTES
STAND: 20 MINUTES **MAKES:** 8 HALF-PINTS **PHOTO**

- 1⅓ cups snipped dried Mission figs (about 20)
- ¼ cup orange liqueur or orange juice
- ¼ cup orange juice
- 3 12-ounce packages fresh cranberries
- 2¼ cups packed brown sugar
- 2¼ cups water
- 2 tablespoons finely chopped crystallized ginger
- 1 tablespoon finely shredded lemon peel
- 1½ teaspoons vanilla
- 1 teaspoon ground cinnamon

1. In a small saucepan combine figs, orange liqueur, and orange juice. Heat over low heat just until mixture is warmed through (do not overheat; the alcohol could ignite). Remove from heat. Cover saucepan; let stand for 20 minutes.

2. In a 6- to 8-quart Dutch oven combine cranberries, brown sugar, the water, and crystallized ginger. Bring to boiling over

high heat; reduce heat. Simmer, uncovered, about 3 minutes or until cranberries have popped, stirring frequently.

3. Stir in lemon peel, vanilla, and cinnamon. Simmer, uncovered, for 15 minutes, stirring frequently. Stir in the fig mixture, including any remaining liquid.

4. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼ -inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 26 cal., 0 g fat, 0 mg chol., 2 mg sodium, 7 g carb., 0 g fiber, 0 g pro.

PRESERVES

TART CHERRY-COFFEE PRESERVES

MADE WITH FROZEN CHERRIES, THESE PRESERVES CAN BE MADE YEAR-ROUND AND ARE GREAT HOLIDAY GIFTS. THE COFFEE-CHERRY COMBINATION PAIRS WONDERFULLY WITH HAM.

PREP: 30 MINUTES **STAND:** 30 MINUTES **PROCESS:** 10 MINUTES
MAKES: 6 HALF-PINTS

- ½ cup unsweetened cherry juice
- ⅓ cup Italian-roast whole coffee beans
- 6 ¼ cups sugar
- 5 cups fresh or thawed frozen pitted tart red cherries, quartered
- 1 6-ounce package (2 foil pouches) liquid fruit pectin

1. In a small saucepan bring cherry juice to boiling. Add coffee beans; cover pan and remove from heat. Cover and let stand for 30 minutes. Strain mixture through a fine-mesh sieve, reserving juice. Discard coffee beans.

2. In a 6- to 8-quart heavy pot combine the reserved cherry juice, sugar, and cherries. Bring to a full rolling boil, stirring constantly. Quickly stir in pectin. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot preserves into hot sterilized half-pint canning jars, leaving a ¼ -inch headspace. Wipe jar rims; adjust lids and screw

bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner: cool on wire racks.

PER 1TABLESPOON: 67 cal., 0 g fat, 0 mg chol., 1 mg sodium, 17 g carb., 0 g fiber, 0 g pro.

PRESERVES

MEYER LEMON AND ROSEMARY MARMALADE

IF YOU'RE GIVING THIS BEAUTIFUL MARMALADE AS A HOLIDAY GIFT, ATTACH A ROSEMARY WREATH AS AN EMBELLISHMENT: WRAP FRESH ROSEMARY SPRIGS AROUND A TINY GRAPEVINE WREATH AND WRAP WITH FLORAL WIRE. ADD A BOW IF YOU LIKE.

PREP: 40 MINUTES **COOK:** 31 MINUTES **PROCESS:** 5 MINUTES
MAKES: 5 HALF-PINTS

- 1½ pounds Meyer lemons (about 6 medium)
- 1½ cups water
- 2 tablespoons snipped fresh rosemary
- ⅛ teaspoon baking soda
- 5 cups sugar
- ½ of a 6-ounce package liquid fruit pectin (1 foil pouch)

1. Score peel of each lemon into four lengthwise sections; remove the peels with your fingers. Using a sharp knife, scrape off and discard the white portions of peels. Cut peels into thin strips. Measure about 1½ cups peel strips.

2. In a medium saucepan combine the lemon peel strips, the water, rosemary, and baking soda. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes. Do not drain.

3. Section lemons over a bowl, reserving juices; discard seeds. Add lemon sections and reserved juice to peels. Return to boiling; reduce heat. Simmer, covered, for 10 minutes. Measure about 2½ cups lemon mixture.

4. In a 6- to 8-quart heavy pot combine the cooked lemon mixture and sugar. Bring to a full rolling boil, stirring constantly until sugar dissolves. Quickly stir in pectin. Return to full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon, being careful not to remove peel.

5. Ladle hot marmalade into hot sterilized half-pint canning jars, leaving a ¼ -inch headspace. Wipe jar rims; adjust lids and screw bands.

6. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks turning and tilting jars after 20 minutes to distribute fruit evenly throughout the marmalade. Repeat as necessary. (Do not invert the sealed jars.)

PER 1 TABLESPOON: 51 cal., 0 g fat, 0 mg chol., 2 mg sodium, 14 g carb., 0 g fiber, 0 g pro.

MEYER LEMONS

Meyer lemons are thought to be a cross between a lemon and a regular or mandarin orange. Although they gained popularity in the 1980s, they were first brought to this country from China at the turn of the 20th century. They have a rounder shape than regular lemons. Their flesh can be deep yellow or yellow-orange, and their juice is sweeter and less acidic than a regular lemon.

PRESERVES

LOWER-SUGAR CONFETTI PRESERVES

FOR A HEALTHFUL SNACK, SPREAD CREAM CHEESE ON A WHOLE GRAIN CRACKER AND TOP WITH THIS PRETTY PRESERVE MADE FROM SHREDDED CARROT, ZUCCHINI, AND YELLOW SQUASH AND FLAVORED WITH APPLE PIE SPICE.

PREP: 20 MINUTES **PROCESS:** 10 MINUTES **MAKES:** 6 HALF-PINTS
PHOTO

- 2 cups finely shredded carrots
- 2 cups finely shredded zucchini
- 2 cups finely shredded yellow summer squash
- 2 tablespoons bottled lemon juice
- 4½ cups sugar
- 1 teaspoon apple pie spice
- 1 1.75-ounce package powdered fruit pectin for lower-sugar recipes or 3 tablespoons powdered fruit pectin for low- or no-sugar recipes

1. In a 6- to 8-quart pot combine carrots, zucchini, squash, and lemon juice. In a small bowl stir together ¼ cup of the sugar, the apple pie spice, and the pectin. Stir into carrot mixture. Bring to a full rolling boil over high heat, stirring constantly. Stir in the remaining 4¼ cups sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly.

Remove from heat. Quickly skim off any foam with a metal spoon.

2. Ladle hot preserves into hot sterilized half-pint canning jars, leaving a ¼ -inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 46 cal., 0 g fat, 0 mg chol., 3 mg sodium, 12 g carb., 0 g fiber, 0 g pro.

USING PECTIN FOR LOWER-SUGAR RECIPES

Because sugar affects how pectin works, you'll need to use this product when making reduced- or no-sugar jams, jellies, and preserves. Sometimes the label will specify "low- or no-sugar-needed pectin" or "fruit pectin for less- or no-sugar-needed recipes."

PRESERVES

STRAWBERRY-LEMON MARMALADE

PUT ON A POT OF TEA AND ENJOY THIS TASTE-OF-SUMMER MARMALADE WITH TENDER HOMEMADE SCONES OR TEA BISCUITS.

PREP: 55 MINUTES **COOK:** 30 MINUTES **PROCESS:** 5 MINUTES
STAND: 2 WEEKS **MAKES:** 6 HALF-PINTS

- 2 medium lemons
- ½ cup water
- ⅛ teaspoon baking soda
- 3 cups crushed strawberries (about 6 cups whole berries)
- 5 cups sugar
- ½ of a 6-ounce package (1 foil pouch) liquid fruit pectin

1. Score the peel of each lemon into four lengthwise sections; remove the peels with your fingers. Using a sharp knife, scrape off the white portions of peels; discard. Cut peels into thin strips.

2. In a large saucepan combine lemon peel strips, the water, and baking soda. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes. Do not drain. Section lemons, reserving juice; discard seeds. Add lemon sections and juice to peel mixture in saucepan. Stir in crushed strawberries. Return to boiling; reduce

heat. Simmer, covered, for 10 minutes (should have about 3 cups mixture).

3. In an 8- to 10-quart heavy pot combine lemon-strawberry mixture and sugar. Bring to a full rolling boil, stirring constantly. Quickly stir in pectin. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

4. Ladle hot marmalade into hot sterilized half-pint canning jars, leaving a ¼ -inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks. Let stand at room temperature for 2 weeks before serving.

PER 1TABLESPOON: 44 cal., 0 g fat, 0 mg chol., 2 mg sodium, 11 g carb., 0 g fiber, 0 g pro.

PRESERVES

LOWER-SUGAR SPICED BLUEBERRY-POMEGRANATE PRESERVES

LOWER-SUGAR AND NO-SUGAR-ADDED JAMS, JELLIES, AND PRESERVES HAVE A SLIGHTLY SHORTER SHELF LIFE THAN SPREADS MADE WITH TRADITIONAL AMOUNTS OF SUGAR. YOU MIGHT WANT TO CONSUME THESE JUST A LITTLE MORE QUICKLY THAN FULL-SUGAR SPREADS, WHICH HAVE A SHELF LIFE OF 1 YEAR.

PREP: 35 MINUTES **PROCESS:** 5 MINUTES **MAKES:** 10 HALF-PINTS

- 5 pints blueberries
- ½ cup pomegranate juice
- ¼ cup pomegranate molasses or mild-flavor molasses
- 1 tablespoon finely shredded lemon peel
- 3 to 4 inches stick cinnamon
- 4¼ cups sugar
- 1 1.75-ounce package powdered fruit pectin for lower-sugar recipes or 3 tablespoons powdered fruit pectin for low- or no-sugar recipes

1. Working in batches, place blueberries in a blender or food processor. Cover and blend or process with on/off pulses until chopped (do not puree). Measure 6½ cups chopped blueberries.

2. In a 6- to 8-quart heavy pot combine the 6½ cups chopped blueberries, pomegranate juice, pomegranate molasses, lemon peel, and stick cinnamon. In a small bowl stir together ¼ cup of the sugar and the pectin; stir into berry mixture. Bring to a full rolling boil, stirring constantly. Stir in the remaining 4 cups sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Remove stick cinnamon. Quickly skim off foam with a metal spoon.

3. Ladle hot preserves into hot sterilized half-pint canning jars, leaving a ¼ -inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1TABLESPOON: 35 cal., 0 g fat, 0 mg chol., 1 mg sodium, 9 g carb., 0 g fiber, 0 g pro.

POMEGRANATE MOLASSES

Not really molasses at all but rather an intensely flavored syrup made from pomegranate juice and sugar, pomegranate molasses is both very sweet and very tart. It is used in Middle Eastern cooking and can be found at most Middle Eastern and kosher markets. Because of its increasing popularity, it can also be found at larger supermarkets that stock some specialty items.

PRESERVES

LOWER-SUGAR SPARKLING BERRY CHAMPAGNE PRESERVES

THIS LEMON-INFUSED, TRIPLE-BERRY PRESERVE MADE WITH SPARKING WINE CALLS FOR VERY SPECIAL TREATMENT. CRISP WATER CRACKERS, TANGY BLUE CHEESE, AND MAYBE A LITTLE MORE CHAMPAGNE ARE THE PERFECT ACCOMPANIMENT.

PREP: 40 MINUTES **PROCESS:** 10 MINUTES **MAKES:** 9 HALF-PINTS
PHOTO

- 6 cups fresh raspberries
- 4 cups fresh black raspberries or blackberries
- 2 cups fresh blueberries
- ¾ cup champagne, sparkling wine, or sparkling apple juice
- 1 tablespoon finely shredded lemon peel
- 4½ cups sugar
- 1 1.75-ounce package powdered fruit pectin for lower-sugar recipes or 3 tablespoons powdered fruit pectin for low- or no-sugar recipes

1. In a 6- to 8-quart pot crush 1 cup of the berries with a potato masher. Continue adding berries and crushing until you have 6 cups crushed berries. Stir in champagne and lemon peel.

2. In a small bowl stir together ¼ cup of the sugar and the pectin; stir into berry mixture in pot. Bring to a full rolling boil

over high heat, stirring constantly. Stir in the remaining 4¼ cups sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot preserves into hot sterilized half-pint canning jars, leaving a ¼ -inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 33 cal., 0 g fat, 0 mg chol., 0 mg sodium, 8 g carb., 1 g fiber, 0 g pro.

PRESERVES

CARROT CAKE PRESERVES

THE MOIST, SPICY ESSENCE OF CARROT CAKE—WITH SHREDDED CARROT AND CHUNKS OF PINEAPPLE AND PEAR—JUMPS RIGHT OUT OF THIS PRESERVE. SPREAD IT ON A RUSTIC WHOLE GRAIN BREAD WITH BUTTER OR CREAM CHEESE.

PREP: 25 MINUTES **COOK:** 21 MINUTES **PROCESS:** 10 MINUTES
MAKES: 7 HALF-PINTS **PHOTO**

- 2 cups finely shredded carrots (4 medium)
- 1 15-ounce can crushed pineapple (juice pack), undrained
- 1 cup finely chopped, peeled pear (1 medium)
- 2 tablespoons bottled lemon juice
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 1.75-ounce package regular powdered fruit pectin or 6 tablespoons classic powdered fruit pectin
- 4 cups granulated sugar
- 2 cups packed brown sugar
- ¼ cup flaked coconut or raisins (optional)
- 1 teaspoon vanilla

1. In a 4- to 6-quart heavy pot combine carrots, pineapple, pear, lemon juice, cinnamon, and nutmeg. Bring to boiling, stirring constantly; reduce heat. Simmer, covered, for 20 minutes,

stirring frequently. Remove from heat. Sprinkle mixture with pectin; stir until pectin is dissolved.

2. Bring carrot mixture to boiling, stirring constantly. Add granulated sugar and brown sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon. Stir in coconut (if desired) and vanilla.

3. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼ -inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 48 cal., 0 g fat, 0 mg chol., 3 mg sodium, 13 g carb., 0 g fiber, 0 g pro.

PRESERVES

LOWER-SUGAR DUTCH APPLE PRESERVES

THIS IS A PRESERVE IN THE TRUEST SENSE—INTACT CHUNKS OF FRUIT SUSPENDED IN A THICKENED, SPICED FRUIT JUICE. THE APPLE PIECES ARE TENDER BUT HOLD THEIR SHAPE. SERVE WITH WARM CORNMEAL SCONES AND A WEDGE OF SHARP CHEDDAR CHEESE.

PREP: 35 MINUTES **PROCESS:** 10 MINUTES **MAKES:** 4 HALF-PINTS
PHOTO

- 1 pound tart green apples, peeled, cored, and coarsely chopped
- 1¼ cups apple juice
- ½ cup raisins
- 2 tablespoons bottled lemon juice
- 2 cups granulated sugar
- 1½ teaspoons apple pie spice
- 1 1.75-ounce package powdered fruit pectin for lower-sugar recipes or 3 tablespoons powdered fruit pectin for low- or no-sugar recipes
- 1 cup packed brown sugar

1. In a 6- to 8-quart pot combine the apples, apple juice, raisins, and lemon juice. In a small bowl stir together ¼ cup of the granulated sugar, apple pie spice, and the pectin. Stir into apple mixture. Bring to a full rolling boil over high heat, stirring

constantly. Stir in the remaining 1¾ cups granulated sugar and the brown sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off any foam with a metal spoon.

2. Ladle hot preserves into hot sterilized half-pint canning jars, leaving a ¼ -inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 54 cal., 0 g fat, 0 mg chol., 2 mg sodium, 14 g carb., 0 g fiber, 0 g pro.

GRANNY SMITH AND CO.

The first apple that comes to mind when a recipe calls for “tart green apples” may be Granny Smith, but there are other varieties you could choose from, especially if you have access to local orchards—which often cultivate more unusual or regional varieties. The most well-known include Newtown Pippin, Rhode Island Greening, and Northern Greening.

PRESERVES

LOWER-SUGAR BALSAMIC CHERRY PRESERVES

BALSAMIC VINEGAR DEEPENS THE FLAVOR OF THESE RICH TWO-CHERRY PRESERVES. SPREAD ON CORN CAKES AND TOP WITH CHOPPED PISTACHIOS.

PREP: 1 HOUR **STAND:** 10 MINUTES **PROCESS:** 10 MINUTES
MAKES: 7 HALF-PINTS **PHOTO**

- ¾ cup balsamic vinegar
- ½ cup dried tart cherries, finely chopped
- 3 pounds fresh dark sweet cherries, pitted
- ½ cup water
- 3 cups sugar
- 1 1.75-ounce package powdered fruit pectin for lower-sugar recipes or 3 tablespoons powdered fruit pectin for low- or no-sugar recipes

1. Place balsamic vinegar in a small saucepan. Bring to boiling; reduce heat. Boil gently, uncovered, for 5 to 8 minutes or until reduced to ½ cup. Remove from heat; stir in dried cherries. Cover and let stand for 10 minutes. Meanwhile, finely chop the fresh cherries; measure 5 cups.

2. In a 6- to 8-quart pot combine the balsamic vinegar mixture, the fresh cherries, and the water. In a small bowl stir together ¼ cup of the sugar and the pectin. Stir into cherry mixture. Bring to a full rolling boil, stirring constantly. Stir in the remaining 2¾

cups sugar. Return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off any foam with a metal spoon.

3. Ladle hot preserves into hot sterilized half-pint canning jars, leaving a ¼ -inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 38 cal., 0 g fat, 0 mg chol., 1 mg sodium, 10 g carb., 0 g fiber, 0 g pro.

FLOATING FRUIT

To prevent the clear jelly part of the preserves from separating from the fruit, tilt the jars every 20 minutes or so during cooling. Do not cool the jars upside down; that might interfere with the seal.

PRESERVES

CITRUS MANGO PRESERVES

THE COMBINATION OF FRUIT SYRUP THAT DRIPS DOWN THE SIDES OF THE SLICES AND TOOTHSOME CHUNKS OF FRUIT MAKE PRESERVES WONDERFUL TOPPINGS FOR CHEESECAKES.

PREP: 20 MINUTES **COOK:** 15 MINUTES **PROCESS:** 5 MINUTES
MAKES: 7 HALF-PINTS

- 5 cups finely chopped, seeded, peeled mangoes (see tip)
- 7 cups sugar
- 2 teaspoons finely shredded lemon peel (set aside)
- ¼ cup lemon juice
- 2 teaspoons finely shredded orange peel (set aside)
- ¼ cup orange juice
- ½ of a 6-ounce package (1 foil pouch) liquid fruit pectin

1. In a 6- to 8-quart heavy pot bring 3 quarts water to simmering. Add mangoes; cook, uncovered, for 10 minutes, stirring occasionally. Drain well in a colander set in the sink. Measure 4 cups mangoes; return mangoes to pot. Add sugar,

lemon juice, and orange juice. Bring to boiling over medium heat, stirring to dissolve sugar. Quickly stir in pectin; return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon. Stir in lemon peel and orange peel.

2. Ladle hot preserves into hot sterilized half-pint canning jars, leaving a ¼ -inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 51 cal., 0 g fat, 0 mg chol., 0 mg sodium, 13 g carb., 0 g fiber, 0 g pro.

RELISHES & TOPPERS

TRIPLE OLIVE TAPENADE

SWEET PICKLE RELISH

SPICY RHUBARB-RED ONION RELISH

HOLIDAY CRANBERRY SAUCE

BLUE RIBBON CORN RELISH

PERFECT WITH A Brat

CRUNCHY, COLORFUL FRUIT-AND-VEGGIE COMBOS BRING ZING TO THE TABLE

RELISHES

Blue Ribbon Corn Relish
Cajun Watermelon Relish
Cumin-Poblano Corn Relish
Dilled Kohlrabi-Beet Relish
Fennel-Onion Relish
Green Pepper–Cucumber Relish
Lemon-Basil Eggplant Caponata
Olive-Corn Relish
Spiced Red Grape Relish
Spicy Rhubarb–Red Onion Relish
Sweet Pickle Relish
Zucchini Relish

SAUCES

Holiday Cranberry Sauce
Peppery Peach Sauce
Rhubarb Sauce

TAPENADES

Artichoke and Dried Tomato Tapenade
French Fig and Olive Tapenade
Orange-Scented Almond Tapenade
Triple Olive Tapenade

TIPS

cranberries, freezing
cucumbers and zucchini, for relishes
eggplants, about
kohlrabi, about

produce, chopping for relishes
produce, for relishes
relishes, preparing
spices, grinding whole
websites, canning

THE BASICS OF

RELISHES & TOPPERS

COLORFUL RELISHES—WITH THEIR TANGY FLAVORS AND CRUNCH—GIVE MEATS EXTRA ZING. TRY THESE ZESTY RELISHES AND FRUITY SAUCES ON BURGERS, FRANKFURTERS, AND GRILLED OR ROASTED MEAT, FISH, AND POULTRY TO BRING A DASH OF GARDEN FRESHNESS TO THE TABLE.

DILLED KOHLRABI-BEET RELISH

PREP: 1 HOUR **STAND:** 2 HOURS **COOK:** 10 MINUTES
PROCESS: 10 MINUTES **MAKES:** 4 PINTS

- 8 cups finely chopped, peeled kohlrabi (about 8 medium)
- 3 cups finely chopped sweet onions (3 large)
- ¼ cup pickling salt
- 3 cups sugar
- 2 cups cider vinegar
- ½ cup red wine vinegar
- 1 tablespoon mustard seeds
- 2 teaspoons dill seeds
- 2 medium beets, peeled and shredded (2 cups)
- ½ cup snipped fresh dill

1. In an extra-large bowl combine kohlrabi and onions. Sprinkle with salt; add enough cold water to cover vegetables. Let stand

at room temperature for 2 hours.

2. Drain kohlrabi mixture in a colander set in sink. Rinse with cold water; drain well. In a 6- to 8-quart stainless-steel, enamel, or nonstick pot combine sugar, cider vinegar, red wine vinegar, mustard seeds, and dill seeds. Bring to boiling, stirring to dissolve sugar. Add the drained kohlrabi mixture and the shredded beets. Cook over medium-high heat about 10 minutes or just until mixture starts to boil. Remove from heat; stir in fresh dill.

3. Ladle hot relish into hot sterilized pint canning jars, leaving a ½ -inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 52 cal., 0 g fat, 0 mg chol., 244 mg sodium, 12 g carb., 1 g fiber, 1 g pro.

1. To speed up prep, use a food processor to finely chop the veggies. Use on/off pulses and check often to avoid overprocessing.

2. Drain the chopped kohlrabi and onions in a colander. Stir a few times to free liquid trapped between the pieces.

KOHLRABI KNOW-HOW

Kohlrabi comes encased in a tough peel that once removed reveals a crisp, juicy flesh that tastes somewhat like a broccoli stem with a hint of radish.

RELISHES & TOPPERS

GREEN PEPPER–CUCUMBER RELISH

IF YOU LIKE, YOU CAN USE ENGLISH CUCUMBERS IN THIS CRUNCHY RELISH. THEY ARE LONGER AND MORE SLENDER THAN GARDEN CUCUMBERS AND ARE CONSIDERED SEEDLESS BECAUSE THE SEEDS ARE SO SMALL. THEY'RE OFTEN FOUND INDIVIDUALLY WRAPPED IN PLASTIC IN THE PRODUCE SECTION OF THE SUPERMARKET.

PREP: 1 HOUR **STAND:** 1 HOUR **COOK:** 10 MINUTES
PROCESS: 10 MINUTES **MAKES:** 4 PINTS **PHOTO**

- 4 pounds green sweet peppers (about 9 large), finely chopped (about 3 cups)
- 1½ pounds English cucumbers or garden cucumbers, finely chopped (about 3½ cups)
- 4½ cups finely chopped onions
- 2 tablespoons kosher salt
- 2 cups cider vinegar
- 2 cups sugar
- 2 tablespoons yellow mustard seeds
- 1 teaspoon celery seeds
- ½ teaspoon crushed red pepper

1. Line two large colanders with several layers of 100-percent-cotton cheesecloth or a clean kitchen towel. Place colanders in

the sink. In an extra-large bowl combine the sweet peppers, cucumbers, and onions. Add the salt; stir to combine. Divide the vegetable mixture evenly between the two colanders. Let stand for 1 hour.

2. Gather the edges of the cheesecloth or towel and squeeze vegetables to release any remaining liquid. Transfer vegetables to an 8-quart stainless-steel, enamel, or nonstick pot. Add vinegar, sugar, mustard seeds, celery seeds, and crushed red pepper. Bring to boiling. Cook, uncovered, over medium-high heat for 10 to 12 minutes or until vegetables soften and color fades, stirring occasionally.

3. Ladle hot relish into hot sterilized pint canning jars, leaving a ½ -inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 18 cal., 0 g fat, 0 mg chol., 99 mg sodium, 4 g carb., 0 g fiber, 0 g pro.

RELISHES & TOPPERS

SWEET PICKLE RELISH

THIS IS THE CLASSIC. DON'T EAT YOUR HOT DOGS WITHOUT IT.

PREP: 1 HOUR **STAND:** 2 HOURS **COOK:** 20 minutes
PROCESS: 10 MINUTES **MAKES:** 4 PINTS **PHOTO**

- 6 cups finely chopped cucumbers, seeded if desired*
- 3 cups finely chopped green and/or red sweet peppers* (3 medium)
- 3 cups finely chopped onions* (6 medium)
- ¼ cup pickling salt
- 3 cups sugar
- 2 cups cider vinegar
- 1 tablespoon mustard seeds
- 2 teaspoons celery seeds
- ½ teaspoon ground turmeric

1. In an extra-large bowl combine cucumbers, sweet peppers, and onions. Sprinkle with salt; add enough cold water to cover. Let stand at room temperature for 2 hours. Transfer vegetable mixture to a colander set in sink. Rinse; drain well.

2. In an 8-quart stainless-steel, enamel, or nonstick pot combine sugar, vinegar, mustard seeds, celery seeds, and turmeric. Bring to boiling. Add vegetables; return to boiling. Cook, uncovered, over medium-high heat for 10 minutes, stirring occasionally.

3. Ladle hot relish into hot sterilized pint canning jars, leaving a ½ -inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes. Remove jars from canner; cool on wire racks.

***TIP:** If desired, use a food processor to chop vegetables in batches.

PER 1 TABLESPOON: 22 cal., 0 g fat, 0 mg chol., 218 mg sodium, 5 g carb., 0 g fiber, 0 g pro.

RELISH IMPERFECTION

Save oddly shaped or less-than-perfect produce for making relishes and toppers. Everything in a relish gets reduced down to tiny pieces, so it doesn't matter what the fruit or vegetable looked like when you started!

RELISHES & TOPPERS

CAJUN WATERMELON RELISH

CRUSHED RED PEPPER AND FRESH JALAPEÑO SPIKE THIS WATERMELON-RIND RELISH WITH HEAT.

PREP: 30 MINUTES **CHILL:** 8 HOURS **COOK:** 25 MINUTES
PROCESS: 10 MINUTES **MAKES:** 3 HALF-PINTS

- ½ of a 12- to 14-pound watermelon
- 1 cup water
- 1 tablespoon pickling salt
- ½ teaspoon pickling spice
- 1 cup vinegar
- ½ cup sugar
- 1 teaspoon crushed red pepper
- 1½ cups chopped assorted red, yellow, and/or green sweet peppers (2 medium)
- 1 cup chopped onion (1 large)
- 1 fresh small jalapeño chile pepper, seeded, if desired, and thinly sliced (see tip)

1. Cut pink flesh from watermelon. Refrigerate and save for another use. Using a vegetable peeler, remove green peel from rind; discard peel. Dice rind. Measure 2 cups rind; place in a large bowl.

2. Combine the 1 cup water and pickling salt; pour over rind. Cover and refrigerate overnight.

3. Transfer the rind to a colander set in a sink. Rinse under cold running water; drain well.

4. Cut a 6-inch square from a double layer of 100-percent-cotton cheesecloth. Place pickling spice in center of cheesecloth square. Bring up corners; tie with clean kitchen string.

5. In a 4-quart stainless-steel, enamel, or nonstick heavy pot combine pickling spice bag, vinegar, sugar, and crushed red pepper. Bring to boiling, stirring to dissolve sugar. Stir in diced watermelon rind, sweet peppers, onion, and jalapeño pepper. Return to boiling; reduce heat. Simmer, covered, over medium-low heat about 25 minutes or until rind is clear. Discard spice bag.

6. Ladle hot relish into hot sterilized half-pint canning jars, leaving a ½ -inch headspace. Wipe jar rims; adjust lids and screw bands.

7. Process filled jars in a boiling water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

FREEZING DIRECTIONS: Prepare as directed through Step 5. Ladle hot relish into half-pint freezer containers. Cool for 30 minutes. Seal and label. Refrigerate for 24 hours before serving. Store relish in the refrigerator for up to 1 month.

PER 1 TABLESPOON: 13 cal., 0 g fat, 0 mg chol., 13 mg sodium, 4 g carb., 0 g fiber, 0 g pro.

RELISHES & TOPPERS

ZUCCHINI RELISH

IF YOU LIKE YOUR RELISH IN AN EYE-CATCHING SHADE OF BRIGHT GREEN, USE THE OPTIONAL FOOD COLORING. IF YOU PREFER NATURAL COLOR, LEAVE IT OUT.

PREP: 55 MINUTES **STAND:** 3 HOURS **PROCESS:** 10 MINUTES
MAKES: 5 HALF-PINTS

- 5 cups finely chopped zucchini (about 4 medium)
- 1½ cups finely chopped onions (3 medium)
- ¾ cup finely chopped green sweet pepper (1 medium)
- ¾ cup finely chopped red sweet pepper (1 medium)
- ¼ cup pickling salt
- 1¾ cups sugar
- 1½ cups white vinegar
- ¼ cup water
- 1 teaspoon celery seeds
- 1 teaspoon ground turmeric
- ½ teaspoon mustard seeds
- 1 to 2 drops green food coloring (optional)

1. In a large nonreactive (stainless-steel or glass) bowl combine zucchini, onions, and sweet peppers. Sprinkle the pickling salt over vegetables. Pour enough water (about 4 cups) over vegetables to cover. Cover bowl; let stand for 3 hours. Transfer to a colander set in sink; rinse and drain well.

2. In an 8- to 10-quart stainless-steel, enamel, or nonstick pot combine sugar, vinegar, the ¼ cup water, the celery seeds, turmeric, and mustard seeds. Bring to boiling; reduce heat. Simmer, uncovered, for 3 minutes. Stir in drained vegetables and, if desired, green food coloring. Return to boiling; reduce heat. Simmer, uncovered, for 10 minutes.

3. Ladle hot relish into hot sterilized half-pint canning jars, leaving a ½ -inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire rack.

PER 1 TABLESPOON: 21 cal., 0 g fat, 0 mg chol., 350 mg sodium, 5 g carb., 0 g fiber, 0 g pro.

BIGGER IS BETTER

Although it's not recommended that you pickle large cucumbers and zucchini in spears or slices (see note), you can use them for relishes —as long as they're not completely overgrown. Smaller cucumbers and zucchini have a firmer texture, which makes them ideal for eating intact. More mature fruit—which has a slightly coarser texture —can be chopped up for a relish with no ill effect on the final product.

RELISHES & TOPPERS

SPICED RED GRAPE RELISH

TOASTING THE SEEDS INTENSIFIES THE TASTE AND GIVES THEM A NICE, CARAMELIZED FLAVOR. TRY THIS CLASSIC RELISH WITH ROAST BEEF, CHEESE, AND SMOKED HAM AND CHICKEN.

PREP: 20 MINUTES **COOK:** 35 MINUTES **PROCESS:** 10 MINUTES
MAKES: 4 HALF-PINTS **PHOTO**

- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- 1 teaspoon mustard seeds
- 1½ cups cider vinegar
- ¼ cup balsamic vinegar
- 6 large shallots, finely chopped
- 2 large jalapeño chile peppers, stemmed, seeded, and finely chopped (see tip)
- 2 tablespoons minced fresh ginger
- 1½ pounds seedless red grapes, stemmed
- 2 large Granny Smith apples, peeled, cored, and finely chopped
- 2 cups sugar
- 1 teaspoon salt

1. In a small dry skillet toast cumin seeds and coriander seeds until fragrant. Transfer toasted seeds to a small bowl. In the same skillet toast mustard seeds until they pop. Cool seeds

slightly. In a spice grinder combine all the toasted seeds; grind coarsely.

2. In a 4-quart pot combine toasted seeds, cider vinegar, balsamic vinegar, shallots, jalapeños, and ginger. Bring to boiling; reduce heat. Simmer, uncovered, for 10 to 15 minutes or until shallots are tender.

3. Add grapes, apples, sugar, and salt. Bring to boiling, stirring constantly. Boil vigorously for 25 to 30 minutes or until thick, stirring frequently.

4. Ladle hot relish into hot sterilized half-pint canning jars, leaving a ¼ -inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 2 TABLESPOONS: 80 cal., 0 g fat, 0 mg chol., 75 mg sodium, 20 g carb., 1 g fiber, 0 g pro.

GRINDING SPICES

Freshly ground spices—toasted or not—taste so much fresher and livelier than preground spices. You can use a spice grinder or electric coffee grinder to grind the whole seeds yourself. Here's a trick for cleaning the grinder: Tear up chunks of soft bread and run them through the grinder. The bread picks up the residual spice powder. Discard the bread crumbs when you're done.

RELISHES & TOPPERS

BLUE RIBBON CORN RELISH

SET THIS SUMMERY RELISH OUT ON A MAKE-YOUR-OWN SANDWICH BUFFET.

PREP: 1 HOUR **COOK:** 25 MINUTES **PROCESS:** 15 MINUTES
MAKES: 5 PINTS **PHOTO**

- 16 to 20 ears of corn
- 2 cups water
- 3 cups chopped celery (6 stalks)
- 1½ cups chopped red sweet peppers (2 medium)
- 1½ cups chopped green sweet peppers (2 medium)
- 1 cup chopped onion (1 large)
- 2½ cups vinegar
- 1¾ cups sugar
- 4 teaspoons dry mustard
- 2 teaspoons pickling salt
- 2 teaspoons celery seeds
- 1 teaspoon ground turmeric

1. Remove husks from ears of corn. Scrub with a stiff brush to remove silks; rinse. Cut kernels from cobs; do not scrape. Measure 8 cups kernels.

2. In an 8- to 10-quart stainless-steel, enamel, or nonstick heavy pot combine the 8 cups corn kernels and the 2 cups water. Bring to boiling; reduce heat. Simmer, covered, for 4 to 5 minutes or until corn is nearly tender; drain.

3. In the same pot combine corn, celery, sweet peppers, and onion. Stir in vinegar, sugar, dry mustard, pickling salt, celery seeds, and turmeric. Bring to boiling, stirring to dissolve sugar; reduce heat. Simmer, uncovered, for 25 minutes, stirring occasionally.

4. Ladle hot relish into hot sterilized pint canning jars, leaving a ½ -inch headspace. Wipe the jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

CUMIN-POBLANO CORN RELISH: Prepare as directed, except substitute 1½ cups chopped fresh poblano chile peppers (see tip) for the green sweet peppers. Reduce vinegar to 2 cups and add ½ cup lime juice. Substitute 1 tablespoon ground cumin for the celery seeds and turmeric.

PER 2 TABLESPOONS BLUE RIBBON OR CUMIN-POBLANO CORN RELISH: 44 cal., 0 g fat, 0 mg chol., 64 mg sodium, 10 g carb., 1 g fiber, 1 g pro.

OLIVE-CORN RELISH: Prepare as directed, except add 1 cup coarsely chopped pitted green olives and 1 cup coarsely chopped pitted black olives with the celery, sweet peppers, and onion.

PER 2 TABLESPOONS: 40 cal., 1 g fat (0 g sat. fat), 0 mg chol., 90 mg sodium, 0 g carb., 1 g fiber, 1 g pro.

RELISHES & TOPPERS

SPICY RHUBARB–RED ONION RELISH

A WEDGE OF WARM CORN BREAD AND A CRISP, PAN-FRIED PORK CHOP ARE THE PERFECT ACCOMPANIMENTS TO THIS RELISH. WITH TART RHUBARB, HOT CHILES, SUGAR, AND SPICES, IT PACKS MORE FLAVOR PUNCH THAN ITS PALE PINK APPEARANCE MIGHT SUGGEST.

PREP: 1 HOUR **STAND:** 2 HOURS **PROCESS:** 10 MINUTES
MAKES: 4 PINTS **PHOTO**

- 7 cups finely chopped rhubarb
- 4 cups finely chopped red onions
- 2 habanero chile peppers or hot banana peppers, stemmed, seeded, and finely chopped (see tip)
- ¼ cup pickling salt
- 1 tablespoon mustard seeds
- 2 teaspoons whole allspice
- 2 teaspoons whole cloves
- 1 teaspoon whole peppercorns
- 3 cups sugar
- 2 cups white vinegar
- 1 cup white wine vinegar

1. In an extra-large bowl combine rhubarb, red onions, and chile peppers. Sprinkle with pickling salt. Add enough cold water to

cover rhubarb mixture. Let stand at room temperature for 2 hours.

2. Meanwhile, for spice bag, cut a 6-inch square from a double layer of 100-percent-cotton cheesecloth. Place mustard seeds, allspice, cloves, and peppercorns in center of cheesecloth square. Bring up corners; tie closed with clean kitchen string.

3. In a 6- to 8-quart stainless-steel, enamel, or nonstick heavy pot combine sugar, white vinegar, and white wine vinegar. Bring to boiling, stirring to dissolve sugar. Add spice bag; reduce heat. Simmer, covered, for 10 minutes. Remove from heat; let stand for 1 hour.

4. Remove and discard spice bag. Return vinegar mixture to boiling. Drain rhubarb mixture in a colander set in sink. Rinse with cold water; drain well. Stir rhubarb mixture into the vinegar mixture. Cook over medium-high heat just until mixture starts to boil, stirring frequently. Remove from heat.

5. Ladle hot relish into hot sterilized pint canning jars, leaving a ½ -inch headspace. Wipe jar rims; adjust lids and screw bands.

6. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 2 TABLESPOONS: 54 cal., 0 g fat, 0 mg chol., 128 mg sodium, 13 g carb., 0 g fiber, 0 g pro.

CANNING RESOURCES

There's a big, enthusiastic canning community out there. The following websites offer recipes, information, and inspiration: BHG.com (Better Homes and Gardens); freshpreserving.com (essential canning information from Ball Corp., maker of canning jars); nchfp.uga.edu (solid canning information from the National Center for Home Food Preservation).

RELISHES & TOPPERS

FENNEL-ONION RELISH

THE ANISE AND LEMON FLAVORS OF THIS FANTASTIC RELISH ARE A NATURAL WITH FISH.

PREP: 50 MINUTES **PROCESS:** 10 MINUTES **MAKES:** 7 HALF-PINTS

PHOTO

- 3 to 4 medium fennel bulbs (about 2½ pounds total), fronds and stems removed
- 1 cup chopped onion (1 large)
- 2 cups cider vinegar
- ½ cup honey
- 2 teaspoons finely shredded lemon peel
- 3 tablespoons lemon juice
- 1 tablespoon yellow mustard seeds
- 1 tablespoon fennel seeds, coarsely crushed
- 1 tablespoon pickling salt
- ½ teaspoon freshly ground black pepper
- ½ teaspoon cayenne pepper

1. In a food processor fitted with a shredding disk, shred the fennel or finely chop the fennel by hand. You should have 5 cups.

2. In an 8-quart stainless-steel, enamel, or nonstick pot combine fennel, onion, vinegar, honey, lemon peel, lemon juice, mustard seeds, fennel seeds, pickling salt, black pepper, and cayenne pepper. Bring to boiling; reduce heat. Simmer, uncovered, for

5 to 7 minutes or until fennel is crisp-tender, stirring occasionally.

3. Ladle hot relish into hot sterilized half-pint canning jars, leaving a ½ -inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 13 cal., 0 g fat, 0 mg chol., 92 mg sodium, 3 g carb., 1 g fiber, 0 g pro.

BREAK IT DOWN

There are three ways to turn produce into relish-size pieces: by hand, with a knife; on a box grater; and with a food processor fitted with a shredding disk. When produce is on the smaller side, avoid using a box grater because it's easier to get injured.

RELISHES & TOPPERS

TRIPLE OLIVE TAPENADE

IF YOU'RE A FAN OF OLIVES, YOU'LL FIND MANY USES FOR THIS FRENCH OLIVE SPREAD. SLATHER ON TOASTED BREAD OR LAVASH, SERVE AS A DIP WITH CRUDITÉS, AND USE AS A TOPPER FOR FISH.

START TO FINISH: 20 MINUTES **MAKES:** 48 SERVINGS **PHOTO**

- 1½ cups pitted green olives
- 1½ cups pitted Kalamata olives
- ½ cup pitted oil-cured black olives
- ⅓ cup olive oil
- 2 tablespoons capers, drained
- 2 tablespoons balsamic vinegar
- 1 tablespoon Dijon-style mustard
- 2 anchovy fillets (optional)
- 2 cloves garlic, minced
- 1 tablespoon snipped fresh basil, thyme, oregano, parsley, and/or rosemary

1. In a food processor or blender combine green olives, Kalamata olives, black olives, oil, capers, vinegar, mustard, anchovies (if desired), and garlic. Cover and process or blend until finely chopped, stopping to scrape down sides as necessary. Stir in fresh herb(s).

2. Spoon tapenade into 4-ounce canning jars, airtight storage containers, or freezer containers, leaving a ½ -inch headspace.

Seal and label. Store in the refrigerator for up to 1 week or freeze for up to 3 months.

PER 1 TABLESPOON: 29 cal., 3 g fat (0 g sat. fat), 0 mg chol., 146 mg sodium, 1 g carb., 0 g fiber, 0 g pro.

FRENCH FIG AND OLIVE TAPENADE: Prepare as directed, except omit the green olives and anchovies and increase the mustard to 2 tablespoons. Soak 1½ cups quartered dried Mission figs in warm water for 30 minutes; drain. Add soaked figs to the mixture before processing or blending. Makes 3 cups.

PER 1 TABLESPOON: 37 cal., 2 g fat (0 g sat. fat), 0 mg chol., 82 mg sodium, 4 g carb., 1 g fiber, 0 g pro.

ARTICHOKE AND DRIED TOMATO TAPENADE: Prepare as directed, except substitute one 9-ounce package frozen artichoke hearts, thawed and coarsely chopped, for the Kalamata olives and black olives and substitute lemon juice for the balsamic vinegar. Add 1 cup snipped, drained oil-pack dried tomatoes to the mixture before processing or blending. Makes 4 cups.

PER 1 TABLESPOON: 27 cal., 3 g fat (0 g sat. fat), 0 mg chol., 97 mg sodium, 1 g carb., 1 g fiber, 0 g pro.

ORANGE-SCENTED ALMOND TAPENADE: Prepare as directed, except substitute 1 cup toasted slivered almonds (see Toasting Nuts) for the green olives. Add 1 tablespoon finely shredded orange peel and 2 tablespoons orange juice to the mixture before processing or blending. If desired, garnish with orange peel slivers. Makes 3½ cups.

PER 1 TABLESPOON: 36 cal., 3 g fat (0 g sat. fat), 0 mg chol., 75 mg sodium, 1 g carb., 1 g fiber, 1 g pro.

RELISHES & TOPPERS

LEMON-BASIL EGGPLANT CAPONATA

EVERY SICILIAN COOK WORTH HER SALT HAS HER OWN RECIPE FOR CAPONATA, AN EGGPLANT RELISH COMMONLY SERVED WITH GRILLED SWORDFISH OR TOSSED WITH HOT COOKED PASTA. IT CAN BE SERVED HOT OR AT ROOM TEMPERATURE.

PREP: 20 MINUTES **STAND:** 1 HOUR **COOK:** 20 MINUTES
PROCESS: 15 MINUTES **MAKES:** 8 HALF-PINTS **PHOTO**

- 2 pounds eggplant, peeled and chopped
- 1 tablespoon kosher salt
- 2 tablespoons olive oil
- 1½ cups chopped red sweet peppers (2 medium)
- 1 cup chopped onion (1 large)
- 4 cloves garlic, minced
- 3 pounds tomatoes, peeled, seeded, and chopped
- ½ cup red wine vinegar
- ¼ cup sugar
- 3 tablespoons capers, drained
- ½ to 1 teaspoon crushed red pepper
- ½ teaspoon salt
- ¾ cup snipped fresh basil
- 1 teaspoon finely shredded lemon peel
- ¼ cup lemon juice

1. In a large bowl combine eggplant and 1 tablespoon kosher salt; toss to coat. Transfer to a colander and set colander over the large bowl. Let stand for 1 hour. Rinse and drain eggplant in colander, pressing eggplant with a wooden spoon to remove excess liquid.

2. In a large stainless-steel, enamel, or nonstick heavy pot heat oil over medium-high heat. Add sweet peppers, onion, and garlic; cook and stir until onion is tender. Stir in eggplant, tomatoes, vinegar, sugar, capers, crushed red pepper, and the ½ teaspoon salt. Bring to boiling, stirring frequently; reduce heat. Simmer, uncovered, about 20 minutes or until thickened, stirring frequently. Remove from heat. Stir in basil, lemon peel, and lemon juice.

3. Ladle hot caponata into hot sterilized half-pint canning jars, leaving a ½ -inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 40 cal., 1 g fat (0 g sat. fat), 0 mg chol., 282 mg sodium, 7 g carb., 2 g fiber, 1 g pro.

EGGPLANT 101

Eggplant has a high water content—about 92 percent of its weight is water. A step is often included in recipes to salt and soak the eggplant to draw out excess water and firm up the flesh. This gives it a more pleasing texture and prevents it from completely breaking down when cooked. This is particularly important when stewing or grilling it—just be sure to rinse it very well!

RELISHES & TOPPERS

RHUBARB SAUCE

THIS SWEET-TART SAUCE IS AS AT HOME ON A BOWL OF ICE CREAM AS IT IS ON A PORK CHOP—NOW THAT'S VERSATILE!

PREP: 10 MINUTES **COOK:** 5 MINUTES **PROCESS:** 5 MINUTES
MAKES: 4 HALF-PINTS

- 6 cups sliced fresh or frozen rhubarb (2 pounds)
- 1 to 1⅓ cups sugar
- ½ cup water
- 2 strips orange peel (optional)
- 2 to 4 drops red food coloring (optional)

1. Thaw rhubarb, if frozen. In a large saucepan stir together sugar, the water, and, if desired, orange peel. Heat to boiling; stir in rhubarb. Return to boiling; reduce heat. Simmer, covered, for 5 to 6 minutes or until rhubarb is tender. Remove from heat. Remove and discard the orange peel (if using). If using fresh rhubarb, stir in food coloring. Let cool for 1 hour.

2. Ladle hot sauce into hot sterilized half-pint canning jars, leaving a ½ -inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

FREEZING DIRECTIONS: Ladle sauce into half-pint freezer containers, leaving a ½ -inch headspace. Cool for 30 minutes. Seal and label. Store in the refrigerator for up to 2 weeks or in the freezer for up to 3 months.

PER 2 TABLESPOONS: 29 cal., 0 g fat, 0 mg chol., 1 mg sodium, 7 g carb., 0 g fiber, 0 g pro.

RELISHES & TOPPERS

HOLIDAY CRANBERRY SAUCE

JARS OF THIS FESTIVE SAUCE MAKE WONDERFUL HOSTESS GIFTS. IT'S SOMETHING THAT CAN BE USED AND TRULY ENJOYED DURING THE BUSIEST SEASON OF THE YEAR.

PREP: 40 MINUTES **COOK:** 45 MINUTES **PROCESS:** 5 MINUTES
MAKES: 6 HALF-PINTS

- 4 cups fresh cranberries, coarsely chopped
- 2 cups sugar
- 1 teaspoon finely shredded orange peel
- 1¾ cups orange juice
- ½ cup chopped yellow sweet pepper
- ½ cup chopped red onion
- ½ cup honey
- 2 fresh jalapeño chile peppers, seeded and finely chopped (see tip)
- 1 teaspoon finely shredded lime peel
- ¼ cup lime juice
- ½ teaspoon salt 2 oranges, peeled, sectioned, and cut up (about 1 cup)

1. In a large heavy saucepan combine cranberries, sugar, orange peel, orange juice, sweet pepper, red onion, honey, jalapeños, lime peel, lime juice, and salt. Bring to boiling over medium-high heat, stirring to dissolve sugar. Mixture may foam once it boils but will decrease as it cooks. Continue boiling at a moderate, steady rate about 45 minutes or until mixture is thickened and

reduced to about 4¼ cups, stirring frequently. Remove saucepan from heat; stir in oranges.

2. Ladle hot sauce into hot sterilized half-pint canning jars, leaving a ¼ -inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to a boiling). Remove jars from canner; cool on racks until cool.

PER 2 TABLESPOONS: 67 cal., 0 g fat, 0 mg chol., 30 mg sodium, 17 g carb., 1 g fiber, 0 g pro.

CRANBERRIES 101

The tart taste of fresh cranberries is a seasonal treat—they're available only from September to December. They freeze well, however, so stock up if you love this delightfully sour bog berry. They keep well for up to 9 months in a heavy-duty freezer bag or container. You can use frozen berries in place of fresh berries in most recipes—just don't thaw them first.

RELISHES & TOPPERS

PEPPERY PEACH SAUCE

SUBSTITUTE THREE 16-OUNCE PACKAGES OF FROZEN PEACH SLICES FOR THE FRESH PEACHES IF YOU LIKE. BRUSH THIS SWEET AND SPICY SAUCE ON PORK RIBS THE LAST 10 MINUTES OF GRILLING TIME. PASS ADDITIONAL SAUCE AT THE TABLE.

PREP: 30 MINUTES **COOK:** 15 MINUTES **PROCESS:** 15 MINUTES
MAKES: 8 HALF-PINTS

- 4 pounds fresh peaches
- 2 cups sugar
- 1 5.5-ounce can peach or apricot nectar
- ¼ cup cider vinegar
- 1 tablespoon bottled lemon juice
- 1 fresh hot red chile pepper or habanero chile pepper, seeded and very finely chopped (see tip)
- ½ teaspoon salt
- 2 cloves garlic, minced
- 1½ cups fresh raspberries

1. Wash, peel, and pit the peaches. Place half of the peaches in a food processor or blender. Cover and process or blend until peaches are very finely chopped. Repeat with remaining peaches (should have 5 cups finely chopped peaches).

2. Transfer the 5 cups peaches to a 6-quart pot. Add sugar, nectar, vinegar, lemon juice, chile pepper, salt, and garlic to pot.

Bring to boiling; reduce heat. Simmer, uncovered, for 15 to 20 minutes or until desired consistency, stirring occasionally. Remove from heat. Stir in raspberries.

3. Ladle hot sauce into hot sterilized half-pint canning jars, leaving a ¼ -inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 2 TABLESPOONS: 147 cal., 5 g fat (2 g sat. fat), 18 mg chol., 124 mg sodium, 24 g carb., 1 g fiber, 3 g pro.

SOUPS, STEWS & STOCKS

TRIPLE-PEPPER VEGGIE CHILI

CHILI, CORN & CHICKEN CHOWDER

POSOLE VERDE

MEXICAN BEEF GARDEN SOUP

BEEF STOCK

BOWLS OF COMFORT

SWEET Potato AND Leek SOUP

WARMING COMBOS OF VEGGIES AND MEAT PUT COMFORT IN A JAR

BEAN SOUPS AND CHILIES

Butternut Squash–White Bean Soup with Rosemary and Tomatoes
Spicy Black Bean Soup
Triple-Pepper Veggie Chili

BROTHS

Chicken Broth
Veggie-Mushroom Broth

MAIN-DISH SOUPS

Chile, Corn, and Chicken Chowder
Mexican Beef Garden Soup
Posole Verde

VEGETABLE SOUPS

Garden Vegetable Soup
Moroccan Carrot Soup
Roasted Root Vegetable Soup
Sweet Corn and Kale Soup
Sweet Potato and Leek Soup

TIPS

beans, dried, in canning
broth vs. milk and cream
carrots, for canning
creamed soups, serving
extra, storing
hominy vs. pasta
jars, filling

jars, preparing for pressure canning
pressure-canned soup, serving
recipes, designed for canning
recipes, preparation for canning
stocks, straining and removing fat

THE BASICS OF

SOUPS, STEWS & STOCKS

GATHER YOUR GARDEN VEGETABLES AND TRANSFORM THEM INTO SAVORY SOUPS FOR FUTURE MEALS. THE SOUPS, CHILIES, AND CHOWDERS IN THIS CHAPTER WERE SPECIALLY CREATED FOR PRESSURE CANNING, WHICH ELIMINATES ALL THE GUESSWORK.

SOUPS AND STEWS

Canned soups and stews are ultimate make-ahead dishes. The jars require no refrigerator or freezer space—stash them in a cool, dry place in the pantry or basement.

Always start with recipes tested and developed for canning. Since foods continue to cook during the processing time, some vegetables should not be cooked to tender or they will be too mushy when served. The recipes in this chapter were tested with careful attention to flavor and texture as well as food safety.

Most soups are comprised of vegetables (and sometimes meat), which are low-acid foods. Some contain both high- and low-acid foods but rarely enough high-acid foods to lower the pH to a safe level for boiling-water canning. As a general rule, soups must be pressure-canned but always follow directions in the recipe.

WHAT YOU NEED TO KNOW

Cut up the vegetables exactly as directed in the recipe, being sure all the pieces are of uniform size to allow for even cooking.

Small pieces may become mushy while large pieces are not heated through. Since some foods cook faster than others, different ingredients may call for different size pieces.

To fill the jars, place a canning funnel over the jars. Use a slotted spoon to transfer the vegetables from the soup to the jars. Measure the headspace—1 inch for most soups and stews. Use a ladle to add broth to the hot jars keeping the 1-inch headspace.

MORE THAN ENOUGH

If you have made more soup than will fit in the pressure canner, ladle any remaining soup into an airtight container. Cover and store in the refrigerator for up to three days or freeze for up to three months. When ready to eat, thaw the soup in the refrigerator if it was frozen. Place the soup in a covered saucepan. Bring to boiling; reduce heat. Cover and simmer until all the vegetables are tender (some of the pieces may not have been completely cooked prior to processing).

SERVING PRESSURE-CANNED SOUPS

Soups and stews that have been pressure-canned correctly and made with recipes from reliable sources (such as this book) are safe to eat. However, all pressure-canned foods should be boiled in a covered saucepan for 10 minutes before serving (add 1 additional minute for each additional 1,000 feet of elevation). Do not taste the soup before the boiling time is complete. If the soup foams or has an bad odor, throw it out.

To heat canned soups, transfer the contents of the jar (or jars) to a saucepan. Bring the soup to boiling over high heat. Reduce the heat to keep the soup from boiling over but continue to

cook at high enough heat to maintain boiling (bubbles breaking the surface) for the time specified.

HOT JARS

To prepare the jars for pressure canning fill a large pot with 2 to 3 inches of water; cover and heat until water is not quite simmering. Put a little water in the jars so they won't float and place in the pot. Cover and heat until the jars are steamy.

SOUPS, STEWS & STOCKS

MEXICAN BEEF GARDEN SOUP

CHUNKS OF TENDER, MELT-IN-YOUR MOUTH BEEF AND LOTS OF VEGGIES GIVE THIS SOUP BOTH HEALTH BENEFITS AND TASTE APPEAL.

PREP: 1 HOUR 30 MINUTES **COOK:** 1 HOUR 30 MINUTES
PROCESS: 1 HOUR 15 MINUTES **MAKES:** 9 QUARTS **PHOTO**

- 2 tablespoons vegetable oil
- 5 pounds beef chuck roast, trimmed of fat and cut into 1-inch cubes
- 5 quarts reduced-sodium beef broth
- 8 roma tomatoes, seeded and chopped
- 8 1-inch-diameter carrots, peeled and sliced ¼ inch thick
- 2 medium sweet potatoes, peeled and chopped
- 2 cups fresh or frozen whole kernel corn
- 1½ cups chopped onion (3 medium)
- 4 poblano chile peppers, stemmed, seeded, and chopped (see tip)
- 4 jalapeño chile peppers, stemmed, seeded, and finely chopped (see tip)
- 12 cloves garlic, minced
- 2 tablespoons salt
- 1 tablespoon chili powder
- 1 tablespoon ground black pepper

1. In a 12-quart pot heat 1 tablespoon of the oil over medium-high heat. Add half of the beef cubes. Cook and stir until browned. Transfer beef to a bowl. Repeat with remaining beef and 1 tablespoon oil. Return all beef to pot. Add broth. Bring to boiling; reduce heat. Simmer, covered, about 75 minutes or until meat is tender.

2. Add tomatoes, carrots, sweet potatoes, corn, onions, poblano peppers, jalapeño peppers, garlic, salt, chili powder, and black pepper to meat mixture in pot. Bring to boiling; boil, covered, for 5 minutes.

3. Ladle beef and vegetables into hot sterilized 1-quart canning jars, filling each halfway. Add hot broth to each jar, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars* in a pressure canner at 10 pounds pressure for weighted-gauge canner or 11 pounds pressure for dial-gauge canner for 75 minutes, adjusting for altitude. Allow pressure to come down naturally. Carefully remove canner lid; cool jars in canner 10 minutes. Remove jars from canner; cool on a wire rack. Check lids for seal after 24 hours.

5. To serve, place contents of one jar in a medium saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation).

***TIP:** Place any soup that does not fit into the pressure canner in an airtight container. Cover and refrigerate for up to 3 days or freeze for up to 1 month. Thaw in the refrigerator overnight if frozen. To serve, place soup in a saucepan. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes or until meat and vegetables are tender.

PER 1¼ CUPS: 260 cal., 7 g fat (2 g sat. fat), 82 mg chol., 1,354 mg sodium, 16 g carb., 3 g fiber, 32 g pro.

CANNING CARROTS

When canning carrots—alone or as part of a mixture—choose carrots that are no larger than 1 to 1¼ inches in diameter. Carrots larger than that tend to be woody and fibrous.

SOUPS, STEWS & STOCKS

SWEET CORN AND KALE SOUP

KALE IS MORE THAN A TRENDY INGREDIENT—IT'S PACKED WITH FIBER AND VITAMINS A AND C. ITS EARTHY FLAVOR COMPLEMENTS THE SWEETNESS OF THE CORN IN THIS COLORFUL SOUP.

PREP: 2 HOURS **PROCESS:** 1 HOUR 15 MINUTES **MAKES:** 8 QUARTS
PHOTO

- 12 ears of corn, husks and silks removed
- ¼ cup vegetable oil
- 2 cups chopped red sweet peppers (2 large)
- 1 cup chopped sweet onion (1 large)
- 1 cup sliced leeks (3 medium)
- 4 to 6 jalapeño chile peppers, seeded and finely chopped (¾ cup) (see tip)
- 4 quarts reduced-sodium chicken or vegetable broth
- 4 cups water
- 4 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 2 8-ounce bunches kale, stemmed and chopped (14 cups)

1. Cut kernels from ears of corn and place in a large bowl (should have about 6 cups); set aside.

2. In a 6- to 8-quart heavy pot heat oil over medium-high heat. Add sweet peppers, onion, leeks, and jalapeños. Cook and stir for 3 minutes. Stir in the corn kernels, broth, the water, the salt,

and black pepper. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes. Stir in kale.

3. Ladle vegetables into hot sterilized quart canning jars, filling each halfway. Add hot broth to each jar, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 75 minutes, adjusting for altitude (start timing when canner reaches 10 or 11 pounds pressure). Allow the pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks.

5. To serve, place contents of one jar in a small saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation).

***TIP:** Place any soup that does not fit into the pressure canner in an airtight container in the refrigerator. Cover and chill for up to 3 days or freeze for up to 1 month. Thaw in the refrigerator overnight if frozen. To serve, place soup in a saucepan. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes or until kale is tender.

PER 1 CUP: 85 cal., 3 g fat (0 g sat. fat), 0 mg chol., 670 mg sodium, 13 g carb., 2 g fiber, 5 g pro.

SOUPS, STEWS & STOCKS

POSOLE VERDE

COOKING THE CHICKEN THIGHS IN CHICKEN BROTH CREATES AN EXTRA-FLAVORFUL BASE FOR THIS CLASSIC MEXICAN SOUP FEATURING HOMINY AND TART TOMATILLOS.

PREP: 1 HOUR 30 MINUTES **COOK:** 30 MINUTES
PROCESS: 1 HOUR 15 MINUTES **MAKES:** 6 QUARTS **PHOTO**

- 2 pounds bone-in chicken thighs, skinned
- 12 cups reduced-sodium chicken broth
- 15 tomatillos, husked and chopped (6 cups)
- 3 15-ounce cans golden hominy, drained
- 1½ cups chopped onions (3 medium)
- 1 cup chopped cilantro (1 bunch)
- 4 jalapeño chile peppers, stemmed, seeded if desired, and finely chopped (see tip, page 79)
- 2 poblano chile peppers, stemmed, seeded if desired, and finely chopped (see tip)
- ½ cup orange juice
- 3 tablespoons honey
- 1 tablespoon dried Mexican oregano or dried oregano, crushed
- 1 tablespoon ground cumin

1. In a 6- to 8-quart Dutch oven or heavy pot combine chicken thighs and broth. Bring to boiling; reduce heat. Simmer,

covered, for 30 minutes. Remove thighs from broth; shred meat. Return chicken to pot; discard bones.

2. Add tomatillos, hominy, onions, cilantro, jalapeños, poblanos, orange juice, honey, oregano, and cumin to chicken mixture in pot. Bring to boiling; boil for 5 minutes.

3. Ladle 2 cups of chicken and vegetables into each hot sterilized quart canning jar. Add hot broth, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 75 minutes, adjusting for altitude. Allow the pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on a wire rack. Check lids for seal after 24 hours.

5. To serve, place contents of one jar in a medium saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation).

PER 1 CUP: 120 cal., 3 g fat (1 g sat. fat), 20 mg chol., 618 mg sodium, 15 g carb., 3 g fiber, 9 g pro.

NO NOODLES

Hominy provides a chewy starch similar to a dumpling or noodle in this soup. While it's safe to include hominy in home-canned soup, the USDA does not recommend adding noodles, pasta, or rice. Not only will they get mushy, but they also can slow the penetration of heat in the jars during processing. Add at serving time if you like.

SOUPS, STEWS & STOCKS

MOROCCAN CARROT SOUP

THE NORTH AFRICAN INFLUENCE IN THIS SIMPLE VEGETABLE SOUP COMES IN ITS SPICING—A WARM COMBINATION OF CUMIN, CINNAMON, BLACK PEPPER, ALLSPICE, AND CORIANDER. FOR SAFE CANNING, IT'S PACKED INTO THE JARS IN CHUNKS, THEN PUREED AND BOILED FOR 10 MINUTES BEFORE SERVING (SEE NOTE).

PREP: 1 HOUR **COOK:** 5 MINUTES **PROCESS:** 1 HOUR 15 MINUTES
MAKES: 4 QUARTS **PHOTO**

- ¼ cup vegetable oil
- 4 cups chopped white onions (4 large)
- 12 cups diced, peeled carrots (4 pounds)
- 8 cups chicken broth
- 2 tablespoons ground cumin
- 1 tablespoon bottled lemon juice
- 1 teaspoon salt
- ½ teaspoon ground cinnamon
- ½ teaspoon ground black pepper
- ¼ teaspoon ground allspice
- ¼ teaspoon ground coriander

1. In an 8- to 10-quart pot heat oil over medium heat. Add onions; cook and stir for 6 minutes. Add carrots and chicken broth. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Stir in cumin, lemon juice, salt, cinnamon, pepper, allspice, and coriander.

2. Pack 3 cups carrots and onions into each hot sterilized quart canning jar. Add hot broth, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 75 minutes, adjusting for altitude. Allow pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on a wire rack. Check lids for seal after 24 hours.

4. To serve, place contents of one jar in a blender; cover and blend until smooth. Transfer soup to a medium saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation). (Or place contents of jar in the saucepan, boil for 10 minutes, then use an immersion blender until smooth.)

PER 1 CUP: 123 cal., 5 g fat (1 g sat. fat), 3 mg chol., 855 mg sodium, 18 g carb., 5 g fiber, 3 g pro.

SOUPS, STEWS & STOCKS

GARDEN VEGETABLE SOUP

NOSTALGIC AND NOURISHING, THIS ATTRACTIVE SOUP ENLISTS A RAINBOW OF PEAK-OF-SUMMER PRODUCE. ITS UNCOMPLICATED BUT SATISFYING FLAVORS WILL BRING SUNSHINE TO EVEN THE COLDEST, DARKEST WINTER DAY.

PREP: 1 HOUR 30 MINUTES **PROCESS:** 1 HOUR 15 MINUTES
MAKES: 7 QUARTS **PHOTO**

- 4½ quarts chicken, beef, or vegetable broth
- 4 cups chopped, peeled tomatoes (8 medium)
- 4 cups fresh whole kernel corn (8 ears)
- 3 cups cubed, peeled potatoes (1 pound)
- 2 cups cut fresh green beans
- 2 cups sliced carrots (4 medium)
- 2 cups sliced celery (4 stalks)
- 1 cup chopped onion (1 large)
- 2 tablespoons snipped fresh parsley
- 1 tablespoon snipped fresh marjoram or 1 teaspoon dried marjoram, crushed
- 1 tablespoon snipped fresh thyme or 1 teaspoon dried thyme, crushed
- 1 tablespoon snipped fresh rosemary or 1 teaspoon dried rosemary, crushed
- 2 teaspoons salt
- 3 cloves garlic, minced
- ½ teaspoon ground black pepper

1. In an 8- to 10-quart Dutch oven or heavy pot combine broth, tomatoes, corn, potatoes, green beans, carrots, celery, onion, parsley, marjoram, thyme, rosemary, salt, garlic, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes (vegetables will be crisp).

2. Using a slotted spoon, pack hot vegetables into hot sterilized quart canning jars, filling about half full. Add hot broth, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 75 minutes. Allow the pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks. Check lids for seal after 24 hours.

4. To serve, place contents of one jar in a small saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation).

PER 1 CUP: 63 cal., 1 g fat (0 g sat. fat), 4 mg chol., 826 mg sodium, 13 g carb., 2 g fiber, 3 g pro.

BROTH IS BEST

You might notice that all of the soup recipes on these pages are broth-based, with the only creamy soups being made from vegetables that are pureed (see note). The USDA does not recommend adding milk, cream, flour, or other thickeners to home-canned soups. Not only do they slow the penetration of heat into the jars, but also the fat molecules in dairy products can actually protect botulism spores and toxins from heat if they are in a product during the canning process. When it comes to home-canned soup, broth is better.

SOUPS, STEWS & STOCKS

SPICY BLACK BEAN SOUP

THIS SOUP IS THE ESSENCE OF SIMPLICITY WHEN IT COMES OUT OF THE JAR—JUST A WARM CONCOCTION OF BLACK BEANS, ONION, GARLIC, CUMIN, AND CRUSHED RED PEPPER. FOR SERVING, DRESS IT UP WITH CHEESE, SOUR CREAM, SALSA, GREEN ONIONS, AND FRESH LIME.

PREP: 1 HOUR 30 MINUTES **STAND:** 1 HOUR **COOK:** 30 MINUTES
PROCESS: 1 HOUR 30 MINUTES **MAKES:** 6 QUARTS **PHOTO**

- 2 pounds dried black beans (5 cups)
- 1 cup finely chopped onion (1 large)
- 4½ teaspoons kosher salt
- 1 tablespoon ground cumin
- 1½ teaspoons crushed red pepper
- 6 cloves garlic, minced
- Shredded cheese, sour cream, salsa, sliced green onions, and/or lime wedges (optional)

1. Rinse beans. In an 8- to 10-quart pot combine beans and 4 quarts water. Bring to boiling; reduce heat. Simmer, covered, for 2 minutes. Remove from heat. Cover and let stand for 1 hour. Drain beans. Return beans to the pot and add 4 quarts fresh water. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes. Stir in onion.

2. Add ¾ teaspoon of the salt, ½ teaspoon of the cumin, ¼ teaspoon of the crushed red pepper, and 1 clove minced

garlic to each hot sterilized quart canning jar. Ladle hot beans and liquid into jars, leaving a 1-inch headspace. Wipe the jar rims; adjust lids and screw bands.

3. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 90 minutes, adjusting for altitude. Allow the pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks. Check lids for seal after 24 hours.

4. To serve, place contents of one jar in a medium saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation). If desired, top servings with shredded cheese, sour cream, salsa, sliced green onions, and/or lime wedges.

PER 1¼ CUPS: 267 cal., 1 g fat (0 g sat. fat), 0 mg chol., 743 mg sodium, 49 g carb., 12 g fiber, 17 g pro.

SOUPS, STEWS & STOCKS

BUTTERNUT SQUASH–WHITE BEAN SOUP WITH ROSEMARY AND TOMATOES

SERVE THIS AROMATIC ITALIAN-STYLE SOUP WITH AN ARUGULA SALAD AND CRUSTY BREAD TO MOP UP EVERY FLAVORFUL SPOONFUL.

PREP: 1 HOUR 30 MINUTES **STAND:** 1 HOUR **COOK:** 30 MINUTES
PROCESS: 1 HOUR 15 MINUTES **MAKES:** 6 QUARTS **PHOTO**

- ⅓ cup olive oil
- 2 medium onions, very thinly sliced
- 6 cloves garlic, minced
- 3 pounds butternut squash, peeled, seeded, and cut into 1-inch cubes (about 7½ cups)
- 6 cups cooked cannellini (white kidney) beans or other white beans*
- 3 cups halved cherry or grape tomatoes
- 1 tablespoon snipped fresh rosemary
- 1½ teaspoons salt
- ½ teaspoon cracked black pepper
- 3½ quarts chicken broth

1. In an 8- to 10-quart pot heat oil over medium-high heat. Add onions; cook and stir for 7 to 8 minutes or until golden. Add garlic; cook and stir for 1 minute. Stir in squash, beans,

tomatoes, rosemary, salt, and pepper. Add broth. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes.

2. Ladle hot soup into hot sterilized quart canning jars, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 75 minutes, adjusting for altitude. Allow the pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on a wire rack. Check lids for seal after 24 hours.

4. To serve, place contents of a jar in a small saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation).

***TIP:** To cook cannellini beans, rinse beans. In a large pot combine 1 pound dried cannellini beans and 2 quarts water. Bring to boiling; reduce heat. Simmer, covered for 2 minutes. Remove from heat. Cover and let stand for 1 hour. Drain beans. Return beans to the pot and add 2 quarts fresh water. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes. Drain beans; set aside.

PER 1¼ CUPS: 163 cal., 5 g fat (1 g sat. fat), 4 mg chol., 871 mg sodium, 25 g carb., 5 g fiber, 8 g pro.

KEEN ON BEANS

Home-canned soups that feature legumes start with dried beans rather than commercially canned beans. The dried beans need to be soaked and partially cooked before being canned in the soup (the intense heat of the pressure-canning process finishes cooking the beans)—and actually the quality will be better that way. Fully cooked commercially canned beans would turn to mush if re-canned in soup.

SOUPS, STEWS & STOCKS

TRIPLE-PEPPER VEGGIE CHILI

FOR A FUN AND TASTY GARNISH, TOP THIS SOUP WITH ROASTED CORN: BRUSH A COB OF SWEET CORN WITH OIL, THEN GRILL ON A GRILL PAN OR OUTDOOR GRILL UNTIL SOME OF THE KERNELS ARE CHARRED. WHEN COOL ENOUGH TO HANDLE, USE A SHARP KNIFE TO CUT THE KERNELS OFF THE COB.

PREP: 1 HOUR 30 MINUTES **STAND:** 1 HOUR **COOK:** 40 MINUTES
PROCESS: 1 HOUR 15 MINUTES **MAKES:** 8 QUARTS **PHOTO**

- 1 pound dried red kidney beans
- 6 quarts water
- 2 tablespoons olive oil
- 4 cups chopped peeled sweet potatoes (2 medium)
- 4 cups chopped red, green, and/or yellow sweet peppers (4 large)
- 2 cups chopped sweet onions (2 large)
- 4 poblano, banana, or Anaheim chile peppers, seeded and chopped (3 cups) (see tip)
- 2 to 4 jalapeño or serrano chile peppers, seeded and chopped (see tip)
- 9 cups tomato juice
- ½ cup lime juice
- 3 ears of corn, husks and silks removed
- 6 cups chopped, peeled tomatoes
- ½ cup snipped fresh cilantro
- ¼ cup ground ancho chile peppers or chili powder

2 teaspoons salt
1 teaspoon ground coriander

1. Rinse beans. In a large pot combine beans and 2 quarts of the water. Bring to boiling; reduce heat. Simmer, covered for 2 minutes. Remove from heat. Cover and let stand for 1 hour. Drain beans. Return beans to the pot and add 2 quarts more of the water. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes. Drain beans; set aside.

2. In an 8-quart pot heat the olive oil over medium-high heat. Add sweet potatoes, sweet peppers, onions, poblano peppers, and jalapeño peppers. Cook for 5 minutes, stirring frequently.

3. Meanwhile, in a 6-quart heavy pot heat tomato juice, the remaining 2 quarts water, and the lime juice to boiling.

4. Cut kernels from ears of corn. Stir the drained beans, corn, tomatoes, cilantro, ancho chile powder, salt, and coriander into the pepper mixture in the pot.

5. Fill hot sterilized quart canning jars half full with bean mixture. Add hot liquid, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

6. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 75 minutes (start timing when canner reaches 10 or 11 pounds pressure). Allow the pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on a wire rack. Check lids for seal after 24 hours.

7. To serve, place contents of one jar in a small saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional

minute for each additional 1,000 feet of elevation). Season with salt to taste. If desired, garnish servings with roasted fresh corn kernels.

TIP: Place any soup that does not fit into the pressure canner in an airtight container. Cover and refrigerate for up to 3 days or freeze for up to 1 month. Thaw in the refrigerator overnight if frozen. To serve, place soup in a saucepan. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes or until beans and vegetables are tender.

PER 1⅓ CUPS: 173 cal., 2 g fat (0 g sat. fat), 0 mg chol., 529 mg sodium, 33 g carb., 7 g fiber, 8 g pro.

SOUPS, STEWS & STOCKS

ROASTED ROOT VEGETABLE SOUP

USE RED OR GOLDEN BEETS IN THIS EARTHY AUTUMNAL SOUP. AT SERVING TIME, A SPRINKLING OF PEPITAS (SHELLED PUMPKIN SEEDS) PROVIDES A CRUNCHY CONTRAST TO THE CREAMINESS.

PREP: 25 MINUTES **ROAST:** 20 MINUTES AT 425°F
PROCESS: 1 HOUR 15 MINUTES **MAKES:** 3 QUARTS **PHOTO**

- 1 pound large beets, peeled and diced
- 1 pound turnips, peeled and diced
- 1 pound parsnips, peeled and diced
- 2 medium carrots, peeled and diced
- ¼ cup olive oil
- 8 cups chicken broth
- 1 teaspoon finely shredded orange peel
- ½ cup orange juice
- 1 tablespoon bottled lemon juice
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper

1. Preheat oven to 425°F. In an extra-large bowl combine beets, turnips, parsnips, carrots, and olive oil. Toss well to coat vegetables with oil. Transfer vegetables to two large rimmed baking sheets; spread vegetables in a single layer. Roast,

uncovered, for 20 to 25 minutes or until vegetables are tender and browned around the edges.

2. Meanwhile, in a large saucepan combine broth, orange peel, orange juice, lemon juice, salt, and pepper. Bring to boiling.

3. Fill hot sterilized quart canning jars half full with the hot roasted vegetables. Add the hot broth mixture, leaving a 1-inch headspace. Wipe the jar rims; adjust lids and screw bands.

4. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 75 minutes, adjusting for altitude. Allow the pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks. Check lids for seal after 24 hours.

5. To serve, place contents of a jar in a blender; cover and blend until smooth. Transfer soup to a medium saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation). (Or place contents of jar in the saucepan, boil for 10 minutes, and then use an immersion blender to puree soup until smooth.) If desired, sprinkle servings with toasted pistachio nuts.

PER 1 CUP: 141 cal., 7 g fat (1 g sat. fat), 4 mg chol., 1,096 mg sodium, 19 g carb., 5 g fiber, 3 g pro.

SERVING CREAMED SOUPS

The vegetables for soups that are served pureed are canned in chunks for safety reasons. The density of a pureed soup does not allow the temperature in the center of the jar to get hot enough to kill potentially harmful bacteria. When ready to serve, it's simple to open the jar, puree the contents in a blender or with an immersion blender, then boil for 10 minutes to heat and ensure the soup is safe to eat.

SOUPS, STEWS & STOCKS

SWEET POTATO AND LEEK SOUP

CREAMED SOUPS BENEFIT FROM A THOROUGH BLENDING FOR THE SMOOTHEST TEXTURE. WHILE A STANDARD OR IMMERSION BLENDER WORKS FINE, IF YOU LIKE VERY SMOOTH SOUPS, LOOK INTO A HIGH-PERFORMANCE BLENDER.

PREP: 1 HOUR 30 MINUTES **PROCESS:** 1 HOUR 15 MINUTES
MAKES: 7 QUARTS **PHOTO**

- 4 to 5 pounds small to medium orange-flesh sweet potatoes, peeled and chopped (about 13 cups)
- 6 medium or 4 large leeks, sliced (2 cups)
- 1 tablespoon snipped fresh thyme
- 2 teaspoons salt
- 1 bay leaf
- 4½ quarts reduced-sodium chicken or vegetable broth
- ½ cup snipped fresh parsley
- 2 tablespoons bottled lemon juice

1. In a 10- to 12-quart pot combine sweet potatoes, leeks, thyme, salt, and bay leaf. Add broth. Bring to boiling over medium-high heat; reduce heat. Simmer, covered, for 5 minutes. Remove and discard bay leaf.

2. Stir in the parsley and lemon juice. Ladle vegetables into hot sterilized quart canning jars, filling half full. Add broth, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 75 minutes, adjusting for altitude (start timing when canner reaches 10 or 11 pounds pressure). Allow the pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on a wire racks. Check lids for seal after 24 hours.

4. To serve, place contents of one jar in a medium saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation). Using an immersion blender, puree soup until smooth. (Or cool soup slightly and transfer to a blender. Cover and blend until smooth.) Season to taste with additional salt. If desired, garnish servings with snipped fresh chives.

PER 1 CUP: 52 cal., 0 g fat, 0 mg chol., 719 mg sodium, 10 g carb., 1 g fiber, 4 g pro.

CHILE, CORN, AND CHICKEN CHOWDER

BECAUSE THICKENERS AND DAIRY PRODUCTS CAN'T BE ADDED TO SOUPS BEFORE THEY ARE CANNED, INSTANT POTATO FLAKES AND CHEESE ARE ADDED RIGHT BEFORE SERVING TO GIVE BODY AND FLAVOR TO THIS CREAMY CHOWDER.

PREP: 1 HOUR 30 MINUTES **PROCESS:** 1 HOUR 15 MINUTES
MAKES: 5 QUARTS

- 2 tablespoons vegetable oil
- 1½ cups chopped onions (3 medium)
- 1 cup chopped celery (2 stalks)
- 2 poblano chile peppers, seeded and chopped (see tip)
- 2 teaspoons ground ancho chile peppers or mild chili powder
- 12 cups reduced-sodium chicken broth
- 5 cups fresh corn kernels
- 4 cups chopped cooked chicken
- ½ teaspoon freshly ground black pepper

Instant mashed potato flakes (for serving)
American cheese slices (for serving)

1. In a 6- to 8-quart pot heat oil over medium-high heat. Add onions, celery, and chiles; cook and stir for 4 to 5 minutes or until softened. Stir in ground ancho chile peppers; cook and stir for 1 minute.

2. Add broth, corn, chicken, and black pepper. Bring to boiling.

3. Fill hot sterilized quart canning jars halfway with chicken and vegetables. Add broth, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a pressure canner at 10 pounds pressure for a weighted gauge canner or 11 pounds pressure for a dial-gauge canner for 75 minutes, adjusting for altitude. Allow the pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks. Check lids for seal after 24 hours.

5. To serve, place contents of one jar in a medium saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation). Remove saucepan from heat. Add ½ cup instant mashed potato flakes and two torn ¾-ounce slices American cheese to soup, stirring until cheese melts. If desired, garnish servings with oyster or soup crackers.

PER 1⅓ CUPS: 239 cal., 10 g fat (4 g sat. fat), 47 mg chol., 735 mg sodium, 21 g carb., 2 g fiber, 19 g pro.

SOUPS, STEWS & STOCKS

CHICKEN BROTH

HOME-CANNED CHICKEN BROTH ENHANCES THE FLAVOR OF ANY RECIPE IN WHICH IT'S USED-FROM SIMPLE CLEAR-BROTH SOUPS TO SAUCES TO RISOTTO.

PREP: 1 HOUR 30 MINUTES **COOK:** 2 HOURS **PROCESS:** 25 MINUTES
MAKES: 6 QUARTS

- 7 to 8 pounds bony chicken pieces or two 3½- to 4-pound whole chickens, cut up
- 5 cups coarsely chopped carrots (10 medium)
- 2½ cups coarsely chopped celery with leaves (5 to 6 stalks)
- 2 medium onions, cut into quarters
- ⅔ cup coarsely chopped leeks (2 medium)
- 6 cloves garlic, smashed
- 6 sprigs fresh parsley
- 2 bay leaves
- 1 tablespoon salt
- 1 teaspoon whole black peppercorns
- 6 quarts cold water

1. Place chicken pieces in an 8- to 10-quart pot. Add carrots, celery, onions, leeks, garlic, parsley, bay leaves, salt, and peppercorns. Add the water. Bring to boiling over medium-high heat, stirring occasionally; reduce heat. Simmer, covered, for 2 hours or until chicken is very tender.

2. Remove chicken from broth (if desired, reserve meat for another use). Strain broth through a sieve. Discard vegetables and seasonings. Use a spoon to skim off as much excess fat from the top of the broth as possible. (Or chill broth until fat solidifies; use a spoon to lift off fat.)

3. Return the broth to the pot; bring to boiling. Ladle hot broth into hot sterilized quart canning jars, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 25 minutes (start timing when canner reaches 10 or 11 pounds pressure). Allow the pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks.

5. To serve, place contents of one jar in a medium saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation).

PER ½ CUP: 18 cal., 0 g fat, 9 mg chol., 184 mg sodium, 1 g carb., 0 g fiber, 3 g pro.

STOCK TIPS

For the clearest broth or stock, line the sieve with cheesecloth before straining it (it also makes it easier to discard the vegetables and seasonings) and take the time to chill the broth or stock and remove the fat. Just be sure to bring the liquid to a full rolling boil before ladling it into the hot jars.

SOUPS, STEWS & STOCKS

VEGGIE-MUSHROOM BROTH

AN ARRAY OF VEGETABLES AND HERBS MAKES THIS VEGETARIAN BROTH ANYTHING BUT BLAND. USE IT AS YOU WOULD ANY COMMERCIALLY CANNED VEGETABLE BROTH.

PREP: 1 HOUR 30 MINUTES **COOK:** 1 HOUR **PROCESS:** 25 MINUTES
MAKES: 6 QUARTS

- 6 cups coarsely chopped fresh cremini or white button mushrooms (1 pound)
- 5 cups coarsely chopped carrots (10 medium)
- 2 cups coarsely chopped celery with leaves (4 stalks)
- 2 cups coarsely chopped sweet onions (2 large)
- 1½ cups coarsely chopped parsnips (3 medium)
- ⅔ cup coarsely chopped leeks (2 medium)
- 2 ounces dried porcini or shiitake mushrooms, rinsed and drained
- 4 sprigs fresh parsley
- 2 sprigs fresh thyme
- 2 sprigs fresh oregano
- 1 tablespoon salt
- 1 teaspoon whole peppercorns
- 1 bay leaf
- 6 quarts water

1. In an 8- to 10-quart pot place the fresh mushrooms, carrots, celery, onions, parsnips, leeks, dried mushrooms, parsley,

thyme, oregano, salt, peppercorns, and the bay leaf. Add the water. Bring to boiling over medium-high heat, stirring occasionally; reduce heat. Simmer, covered, for 60 to 90 minutes or until vegetables are very tender.

2. Strain the broth through a sieve. Discard vegetables.

3. Return the broth to the pot; bring to boiling. Ladle hot stock into hot sterilized quart canning jars, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 25 minutes (start timing when canner reaches 10 or 11 pounds pressure). Allow the pressure to come down naturally. Carefully remove canner lid; cool jars in canner for 10 minutes. Remove jars from canner; cool on wire racks.

5. To serve, place contents of one jar in a medium saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation).

PER ½ CUP: 9 cal., 0 g fat, 0 mg chol., 204 mg sodium, 1 g carb., 0 g fiber, 1 g pro.

SYRUPS & COMPOTES

SPICED PLUM SYRUP

PINEAPPLE COMPOTE

Blood Orange SYRUP

TRY IT ON WAFFLES

CARAMEL APPLE SYRUP

CHAI-SPICED NECTARINE COMPOTE

THE INTENSE FLAVOR OF FRUIT CAPTURED IN GLOSSY, POURABLE FORM

COMPOTES

Blackberry-Lime Compote
Blueberry-Lemon Verbena Compote
Chai-Spiced Nectarine Compote
Pineapple Compote
Pomegranate Cherry-Berry Compote
Smoky Cherries

SYRUPS

Blood Orange Syrup
Caramel Apple Syrup
Cherry Syrup
Chile-Mango Syrup
Gingered Pinot Noir–Blackberry Syrup
Lemon-Blueberry Syrup
Peach-Vanilla Syrup
Spiced Plum Syrup
Spiced Raspberry Syrup
Strawberry-Rhubarb Syrup
Strawberry Syrup

TIPS

blackberries vs. black raspberries
cherries, preparing
fruit syrups, yield
mango, prepping
pH, in recipes
pomegranates, juicing
serving suggestions for syrups and compotes
wine, in syrups

THE BASICS OF

SYRUPS & COMPOTES

TRANSFORMING FRUIT INTO SYRUP REQUIRES THREE STEPS-COOKING THE FRUIT, EXTRACTING THE JUICE, AND COOKING THE JUICE WITH SUGAR. COMPOTES ARE SIMILAR EXCEPT THE FRUIT IS COOKED IN THE SUGAR MIXTURE, RESULTING IN SYRUP THAT HAS SMALL CHUNKS OF FRUIT SUSPENDED IN IT.

CHILE-MANGO SYRUP

PREP: 40 MINUTES **COOK:** 20 MINUTES **PROCESS:** 5 MINUTES
MAKES: 6 HALF-PINTS

- 8 fresh mangoes (about 5¼ pounds)
- 4 cups water
- 2 fresh serrano or jalapeño peppers, stemmed and halved (see tip)
- 3 cups sugar

1. Seed, peel, and finely chop the mangoes (see photos 1 and 2). Place the mangoes in a 6- to 8-quart pot. Add the water and chile peppers. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes, stirring occasionally.

2. Line a colander with a double layer of 100-percent-cotton cheesecloth; place colander over a large bowl. Pour mango mixture into colander. Let stand to allow juice to drain (see photo 3). When cool enough to handle, bring the cheesecloth up

to enclose the mango mixture. Press on the cheesecloth to release the juice (see photo 4). Discard mango mixture remaining in cheesecloth.

3. In the same pot heat the juice to a rolling boil; stir in sugar. Continue boiling, uncovered, at a moderate steady rate about 20 minutes or until mixture is slightly thickened (the consistency of warm maple syrup), stirring frequently to prevent sticking.

4. Pour hot syrup into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process the filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 46 cal., 0 g fat, 0 mg chol., 1 mg sodium, 12 g carb., 0 g fiber, 0 g pro.

1. Cut a checkerboard pattern in the mango, being careful not to cut through the skin.

2. Push up through the bottom peel and slice off fruit. Finely chop the fruit.

3. Allow the mango and chiles to drain until cool. The juice will collect in the bowl.

4. Fold the cheesecloth around cooled mixture and squeeze to extract all the juice.

SERVING IDEAS

The most obvious way to enjoy fruit syrup is to pour it on pancakes, waffles, and ice cream or to stir it into a hot

beverage. Serve compotes with smoky meats or use as toppers for desserts such as pound cake and rice pudding.

SYRUPS & COMPOTES

CHAI-SPICED NECTARINE COMPOTE

CREAMY RICE PUDDING OR VANILLA ICE CREAM MAKES A LOVELY, UNCOMPLICATED CANVAS FOR THIS AROMATIC COMPOTE.

PREP: 20 MINUTES **COOK:** 25 MINUTES **PROCESS:** 15 MINUTES
MAKES: 4 HALF-PINTS **PHOTO**

- 6 cardamom pods
- 12 inches stick cinnamon (3 or 4 sticks)
- 6 nectarines, seeded and sliced (about 5 cups)
- 2½ cups sugar
- ¼ cup water

1. For spice bag, cut a 6-inch square from a double layer of 100-percent-cotton cheesecloth. Place cardamom pods and cinnamon sticks in center of cheesecloth square. Bring up corners; tie closed with clean kitchen string.

2. In a 6- to 8-quart pot combine nectarines, sugar, and the water. Add the spice bag. Bring to boiling, stirring to dissolve sugar; reduce heat. Simmer, uncovered, about 25 minutes or until mixture is thickened and reduced to about 3½ cups, stirring occasionally. Remove and discard spice bag.

3. Ladle hot compote into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw

bands.

4. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 188 cal., 0 g fat, 0 mg chol., 1 mg sodium, 48 g carb., 1 g fiber, 1 g pro.

SYRUPS & COMPOTES

SPICED PLUM SYRUP

JUST A HINT OF ALLSPICE IS ALL THAT'S NEEDED TO BRING OUT THE BEST IN RIPE, JUICY PLUMS. SERVE THIS SYRUP ON PANCAKES AND DRIZZLE OVER FRESH FRUIT.

PREP: 40 MINUTES **COOK:** 15 MINUTES **PROCESS:** 5 MINUTES
MAKES: 5 HALF-PINTS **PHOTO**

- 4 pounds fresh plums
- 3 cups water
- 2½ cups sugar
- 1 teaspoon ground allspice

1. Halve and pit plums (do not peel). Finely chop plums (should have about 8 cups). Place about half of the chopped plums in a 6- to 8-quart pot. Using a potato masher, slightly crush plums to release juices. Add the remaining plums and crush slightly again. Add the water. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes, stirring occasionally.

2. Line a colander with a double layer of 100-percent-cotton cheesecloth; place colander over a large bowl. Pour crushed plums into colander. Let stand to allow juice to drain. When cool enough to handle, press plums with the back of a metal spoon to squeeze out all the juice. Discard crushed plums remaining in colander.

3. In the same pot heat the plum juice to a rolling boil; stir in the sugar and allspice. Continue boiling, uncovered, at a moderate

steady rate about 15 minutes or until mixture is slightly thickened (the consistency of warm maple syrup), stirring frequently to prevent sticking.

4. Pour hot syrup into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 37 cal., 0 g fat, 0 mg chol., 0 mg sodium, 9 g carb., 0 g fiber, 0 g pro.

CAPTURING THE ESSENCE

What makes fruit syrups so delicious is their intense fruit flavor—they're made by reducing a large amount of fruit to a small amount of syrup. This recipe, for instance, starts with 4 pounds of plums (about 14) and yields 5 half-pints of syrup. When making fruit syrups, keep in mind that you will start out with a lot of fruit, but it will be boiled down to its essence.

Spiced
Plum
Syrup

SYRUPS & COMPOTES

BLOOD ORANGE SYRUP

SHAKE THIS SYRUP INTO A COCKTAIL IN THE EVENING AND DRIZZLE IT OVER FRENCH TOAST IN THE MORNING. IF YOU CAN'T FIND BLOOD ORANGES, YOU CAN USE REGULAR NAVEL ORANGES. THE SYRUP WILL BE SLIGHTLY SWEETER AND WILL NOT HAVE THE WINELIKE FLAVOR OR BRILLIANT RUBY COLOR OF BLOOD ORANGES.

PREP: 40 MINUTES **COOK:** 20 MINUTES **PROCESS:** 5 MINUTES
MAKES: 4 HALF-PINTS

- 6 pounds blood oranges
- 2 cups water
- 3 cups sugar

1. Peel and section the oranges (should have about 11 cups). Place half of the orange sections in a 6- to 8-quart pot. Using a potato masher, crush oranges. Add the remaining orange sections and crush again. Add the water. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes, stirring occasionally.

2. Line a colander with a double layer of 100-percent-cotton cheesecloth; place colander over a large bowl. Pour crushed oranges into colander. Let stand to allow juice to drain. When cool enough to handle, press crushed oranges with the back of a metal spoon to squeeze out all the juice. Discard oranges remaining in colander.

3. In the same pot heat the juice to a rolling boil; stir in sugar. Continue boiling, uncovered, at a moderate steady rate for 20 to 30 minutes or until mixture is slightly thickened (the consistency of warm maple syrup), stirring frequently to prevent sticking.

4. Pour hot syrup into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 51 cal., 0 g fat, 0 mg chol., 0 mg sodium, 13 g carb., 1 g fiber, 0 g pro.

SYRUPS & COMPOTES

BLUEBERRY-LEMON VERBENA COMPOTE

WITH AN INFUSION OF LEMON VERBENA, THIS NOSTALGIC COMPOTE WOULD BE RIGHT AT HOME AT AN AFTERNOON TEA. TRY IT SPOONED OVER SLICES OF BUTTERY POUND CAKE.

PREP: 20 MINUTES **COOK:** 25 MINUTES **PROCESS:** 15 minutes
MAKES: 3 HALF-PINTS

- 4 cups blueberries
- 3 cups sugar
- ¼ cup water
- 2 teaspoons finely shredded lemon peel (set aside)
- 3 tablespoons lemon juice
- 3 tablespoons snipped fresh lemon verbena

1. In a 6- to 8-quart heavy pot combine blueberries, sugar, the water, and lemon juice. Bring to boiling, stirring until sugar dissolves; reduce heat. Simmer, uncovered, about 25 minutes or until mixture is thickened and reduced to about 3 cups, stirring occasionally. Stir in lemon peel and lemon verbena.

2. Ladle hot compote into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on a wire rack.

PER ¼ CUP: 224 cal., 0 g fat, 0 mg chol., 0 mg sodium, 56 g carb., 0 g fiber, 0 g pro.

NO HOME TESTING

Although there are pH meters and pH strips available on the market—and it might be tempting to think that you could improvise recipes if you simply measured the pH before canning—it is **not** recommended. For safety, stick to tested and approved recipes from reliable sources.

SYRUPS & COMPOTES

SMOKY CHERRIES

THERE IS NO ADDED SUGAR IN THESE CHERRIES—JUST FRESH ORANGE JUICE FOR A HINT OF SWEETNESS. ROASTING BEFORE CANNING—WITH THYME, SMOKED PAPRIKA, AND GROUND CHIPOTLE—CONCENTRATES THEIR SWEETNESS AND RICH FLAVOR. THEY'RE STUNNING AS PART OF A PLATTER OF CHEESES, DRY-CURED SALAMI, AND MARCONA ALMONDS.

PREP: 45 MINUTES **ROAST:** 50 MINUTES AT 425°F
PROCESS: 10 MINUTES **MAKES:** 7 HALF-PINTS **PHOTO**

- 12 cups dark sweet cherries, pitted and halved (about 4 pounds)
- 1½ cups fresh orange juice (about 6 oranges)
- ½ cup coarsely chopped red onion
- 2 tablespoons snipped fresh thyme
- 1½ teaspoons smoked paprika
- ¾ teaspoon salt
- ¼ teaspoon ground chipotle chile pepper
- ¼ teaspoon cracked black pepper

1. Preheat oven to 425°F. In a large roasting pan combine cherries, orange juice, onion, thyme, paprika, salt, ground chipotle pepper, and black pepper.

2. Roast the cherry mixture, uncovered, for 50 to 60 minutes or until the cherries soften and liquid is thickened, stirring once or

twice.

3. Ladle hot cherries and liquid into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 63 cal., 0 g fat, 0 mg chol., 80 mg sodium, 16 g carb., 2 g fiber, 1 g pro.

MISS THE MESS

Sweet cherries, like red beets, are loaded with bright-red juice that can stain porous surfaces and make a pretty big mess if you're prepping a large amount of produce. When pitting and cutting sweet cherries, be sure your work surface is not porous—or cover it with a clean plastic tablecloth. To avoid staining your hands, wear plastic gloves.

SYRUPS & COMPOTES

CARAMEL APPLE SYRUP

AN APPLE CORER MAKES QUICK WORK OF DISPATCHING THE CORES WHEN MAKING THIS AUTUMNAL TREAT. IT TURNS A SIMPLE BREAKFAST OF PANCAKES OR FRENCH TOAST INTO A TRUE TREAT.

PREP: 45 MINUTES **COOK:** 35 MINUTES **PROCESS:** 5 MINUTES
MAKES: 4 HALF-PINTS

- 3 pounds tart green apples
- 4 cups water
- 2 cups packed brown sugar
- 1 cup granulated sugar

1. Peel, core, and finely chop apples (should have about 6½ cups). Place apples in a 6- to 8-quart pot. Add the water. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes, stirring occasionally.

2. Line a colander with a double layer of 100-percent-cotton cheesecloth; place colander over a large bowl. Pour apple mixture into colander. Let stand to allow juice to drain. When

cool enough to handle, press apples with the back of a metal spoon to squeeze out all the juice. Discard apples remaining in colander.

3. In the same pot heat the juice to a rolling boil; stir in brown sugar and granulated sugar. Continue boiling, uncovered, at a moderate steady rate for 20 minutes, stirring frequently to prevent sticking.

4. Pour hot syrup into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 54 cal., 0 g fat, 0 mg chol., 3 mg sodium, 14 g carb., 0 g fiber, 0 g pro.

SYRUPS & COMPOTES

PEACH-VANILLA SYRUP

THIS GOLDEN SYRUP FLECKED WITH VANILLA BEANS IS WONDERFUL ON CORNMEAL WAFFLES.

PREP: 40 MINUTES **COOK:** 20 MINUTES **PROCESS:** 5 MINUTES
MAKES: 5 HALF-PINTS

- 1 vanilla bean
- 3½ pounds sliced, peeled fresh peaches
- 2 cups water
- 2½ cups sugar

1. Cut vanilla bean in half lengthwise; scrape seeds from the pod halves. Set seeds and pods aside.

2. Place about half of the peaches in a 6- to 8-quart pot. Using a potato masher, crush peaches. Add the remaining peaches and crush again. Add the empty vanilla bean pod halves and the water. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes, stirring occasionally.

3. Line a colander with a double layer of 100-percent-cotton cheesecloth; place colander over a large bowl. Pour crushed peaches into colander. Let stand to allow juice to drain. Discard vanilla bean pod halves. When cool enough to handle, press peaches with the back of a metal spoon to squeeze all the juice from the peaches. Discard peaches remaining in colander.

4. Pour peach juice into the same pot. Stir in reserved vanilla bean seeds. Heat to a rolling boil; stir in the sugar. Continue boiling, uncovered, at a moderate steady rate for 20 to 30 minutes or until mixture is slightly thickened (the consistency of warm maple syrup), stirring frequently to prevent sticking.

5. Pour hot syrup into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

6. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 48 cal., 0 g fat, 0 mg chol., 0 mg sodium, 12 g carb., 0 g fiber, 0 g pro.

CHERRY SYRUP: Prepare as directed, except omit vanilla bean and substitute fresh or frozen pitted tart red cherries for the peaches. If desired, substitute ¼ cup almond liqueur for ¼ cup of the water. Makes about 5 half-pints.

PER 1 TABLESPOON: 56 cal., 0 g fat, 0 mg chol., 1 mg sodium, 14 g carb., 0 g fiber, 0 g pro.

GINGERED PINOT NOIR–BLACKBERRY SYRUP: Prepare as directed, except omit vanilla bean, substitute fresh blackberries for the peaches, and substitute ½ cup Pinot Noir for ½ cup of the water. Boil 1½ teaspoons grated fresh ginger with the blackberries. Makes about 6 half-pints.

PER 1 TABLESPOON: 56 cal., 0 g fat, 0 mg chol., 1 mg sodium, 14 g carb., 2 g fiber, 0 g pro.

WINE IS FINE

When making fruit syrups, you can substitute a small portion of the water with wine—no more than 25 percent—for a flavor boost. Pair lighter fruits, such as peaches, with white wines such as Riesling and Chardonnay. Darker fruits such as blackberries and plums are nice with red wines such as Pinot Noir and Cabernet Sauvignon. Wine-infused syrups are wonderful over ice cream or fruit for dessert.

SYRUPS & COMPOTES

BLACKBERRY-LIME COMPOTE

BLACKBERRIES HAVE A NATURAL AFFINITY FOR LEMON AND LIME. DRESS UP YOUR FAVORITE LEMON OR LIME BARS WITH THIS SIMPLE BERRY COMPOTE.

PREP: 20 MINUTES **COOK:** 25 MINUTES **PROCESS:** 15 MINUTES
MAKES: 3 HALF-PINTS **PHOTO**

- 4 cups fresh blackberries
- 3 cups sugar
- ¼ cup water
- 1 tablespoon finely shredded lime peel
- ½ cup lime juice

1. In a 6- to 8-quart pot combine blackberries, sugar, the water, lime peel, and lime juice. Bring to boiling, stirring until sugar dissolves; reduce heat. Simmer, uncovered, about 25 minutes or until mixture is thickened and reduced to about 3 cups, stirring occasionally.

2. Ladle hot compote into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 218 cal., 0 g fat, 0 mg chol., 1 mg sodium, 56 g carb., 3 g fiber, 1 g pro.

BLACKBERRIES VS. BLACK RASPBERRIES

Although you could substitute black raspberries for the blackberries in this compote, they are not the same fruit, as is sometimes thought. Look at the core, where the stem attaches to the berry: Black raspberries are hollow in the center—like red raspberries. Blackberries have a white center. Black raspberries are smaller than blackberries and are covered in very small hairs, like red raspberries. Blackberries are larger and shinier and tend to be more tart than black raspberries—but both are wonderful in desserts.

SYRUPS & COMPOTES

PINEAPPLE COMPOTE

HERE'S A HEARTY BREAKFAST: THICK SLICES OF PAN-FRIED CANADIAN BACON AND WARM BISCUITS SERVED WITH THIS BASIL-INFUSED PINEAPPLE COMPOTE. AT DINNER, TRY IT WITH CRISPY PAN-FRIED POLENTA CAKES.

PREP: 20 MINUTES **COOK:** 25 MINUTES **PROCESS:** 15 MINUTES
MAKES: 6 HALF-PINTS **PHOTO**

- 2 fresh pineapples, peeled, cored, and chopped (about 9½ cups)
- 3 cups sugar
- ¼ cup water
- 3 tablespoons chopped fresh basil

1. In a 6- to 8-quart heavy pot combine pineapple, sugar, and the water. Bring to boiling, stirring just until sugar dissolves; reduce heat. Simmer, uncovered, about 25 minutes or until mixture is thickened and reduced to about 6 cups, stirring occasionally. Stir in basil.

2. Ladle hot compote into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 171 cal., 0 g fat, 0 mg chol., 1 mg sodium, 44 g carb., 1 g fiber, 0 g pro.

SYRUPS & COMPOTES

POMEGRANATE CHERRY-BERRY COMPOTE

THE CHERRIES GENERALLY HOLD THEIR SHAPE WHILE THE BERRIES COOK DOWN TO MAKE A SILKY, DEEP PURPLE SYRUP—IT'S A PERFECT COMBINATION.

PREP: 20 MINUTES **COOK:** 15 MINUTES **PROCESS:** 15 MINUTES
MAKES: 4 HALF-PINTS **PHOTO**

- 2 cups fresh dark sweet cherries, pitted
- 1 cup fresh raspberries
- 1 cup fresh blueberries
- 3 cups sugar
- 1 cup pomegranate juice

1. In a 4-quart pot combine cherries, raspberries, blueberries, sugar, and pomegranate juice. Bring to boiling, stirring until sugar dissolves; reduce heat. Simmer, uncovered, about 20 minutes or until thickened and reduced to about 4 cups, stirring occasionally.

2. Ladle hot compote into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 176 cal., 0 g fat, 0 mg chol., 2 mg sodium, 45 g carb., 1 g fiber, 0 g pro.

JUICING FRESH POMEGRANATE

Bottled pomegranate juice is convenient but pricey—and it's not difficult to juice pomegranate yourself. The simplest way is to remove the seeds from the pomegranate and place them in a resealable plastic bag. Seal the bag, pressing out the air. Press on the seeds, crushing them and extracting the juice. Snip off a small corner of the plastic bag and pour the juice into a bowl.

SYRUPS & COMPOTES

STRAWBERRY SYRUP

RIPE STRAWBERRIES MAKE THE BEST SYRUP. THE SIGN OF A RIPE STRAWBERRY? IT'S RED ALL OF THE WAY THROUGH.

PREP: 40 MINUTES **COOK:** 20 MINUTES **PROCESS:** 5 MINUTES
MAKES: 3 HALF-PINTS

- 3½ pounds fresh strawberries (12 cups)
- 2 cups water
- 3 cups sugar

1. Wash and hull berries. Place about half of the berries in a 6- to 8-quart heavy pot. Using a potato masher, crush berries. Add the remaining berries and crush again. Add the water. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes, stirring occasionally.

2. Line a colander with a double layer of 100-percent-cotton cheesecloth; place colander over a large bowl. Pour crushed berries into colander. Let stand to allow juice to drain. When cool enough to handle, press with the back of a metal spoon to squeeze out all the juice from the berry mixture. Discard berries remaining in colander.

3. In the same pot heat the juice to a rolling boil; stir in the sugar. Continue boiling, uncovered, at a moderate steady rate for 20 to 30 minutes or until mixture is slightly thickened (the consistency of warm maple syrup), stirring frequently to prevent sticking.

4. Pour hot syrup into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

LEMON-BLUEBERRY SYRUP: Prepare as directed, except substitute 6 cups fresh blueberries for the strawberries, increase the water to 4 cups, and boil 3 tablespoons finely shredded lemon peel and 2 tablespoons lemon juice with the blueberries. Cook for only 20 minutes. (Because the natural pectin in blueberries is so high, this syrup will become jellylike if it is cooked too long. Follow the recommended cooking times exactly.) Makes about 5 half-pints.

SPICED RASPBERRY SYRUP: Prepare as directed, except substitute fresh raspberries for the strawberries. Stir 1½ teaspoons ground cinnamon, ½ teaspoon grated whole nutmeg, and ¼ teaspoon ground cloves into the strained raspberry juice. Makes about 3 half-pints.

STRAWBERRY-RHUBARB SYRUP: Prepare as directed, except substitute 6 cups fresh or frozen sliced unsweetened rhubarb for 4 cups of the strawberries. Makes 5 half-pints.

PER 1 TABLESPOON STRAWBERRY, LEMON-BLUEBERRY, SPICED RASPBERRY, OR STRAWBERRY-RHUBARB VARIATIONS: 56 cal., 0 g fat, 0 mg chol., 1 mg sodium, 14 g carb., 0 g fiber, 0 g pro.

CANNING TOMATOES

PUTTANESCA PASTA SAUCE

BLOODY MARY MIXER

MAKE SOME PASTA

HOMEMADE TOMATO PASTE

RELISH

CAN-YOUR-OWN Tomatoes

THE GARDEN'S MOST VERSATILE FRUIT—STEWED, SAUCED, IN SOUP, AND MORE

BASIC RECIPES

Can-Your-Own Tomatoes
Crushed Tomatoes
Homemade Tomato Paste
Hot-Pack Tomatoes in Water
Raw-Pack Tomatoes in Water
Stewed Tomatoes

CONSERVES AND JAMS

Balsamic Cherry Tomato-Caramelized Onion Conserve
Tomato-Basil Jam

DRINKS

Bloody Mary
Bloody Mary Mixer

Lemony Tomato-Basil Soup

PICKLES AND RELISHES

Green Tomato Relish
Pickled Pear Tomatoes with Rosemary and Garlic
Spicy Pickled Green Tomatoes

SAUCES

Fire-Roasted Tomato-Ancho Taco Sauce
Grilled Pepper and Onion Pasta Sauce
Puttanesca Pasta Sauce
Roasted Garlic Pasta Sauce
Roasted Tomato and Garlic Pizza Sauce
Roasted Tomato and Red Pepper Pizza Sauce

Spicy Sicilian Pizza Sauce
Three-Herb Marinara Sauce

TIPS AND TECHNIQUES

acidity levels in tomatoes
jars, filling
lemon juice, for canning
plum (roma) tomatoes, about
tomatoes, freezing
tomatoes, peeling
tomatoes, varieties

THE BASICS OF

CANNING TOMATOES

EVERY VARIETY, COLOR, OR SHAPE OF TOMATOES YOUR GARDEN GROWS CAN BE CANNED. BE SURE TO SELECT FULLY RIPE TOMATOES FREE OF BLEMISHES AND BRUISES. PACK THE JARS WITH WHOLE, HALVES, OR CRUSHED TOMATOES AND CHOOSE EITHER THE HOT- OR RAW-PACK METHOD.

CAN-YOUR-OWN TOMATOES

PREP: 15 MINUTES **PROCESS:** 1 HOUR 25 MINUTES
MAKES: 8 PINTS OR 4 QUARTS

1¼ to 1½ pounds ripe tomatoes for pint jars or 2½ to 3½ pounds for quart jars
Bottled lemon juice

1. Bring a large pot of water to boiling. Use a sharp knife to cut a shallow X in blossom ends. Working in batches, lower tomatoes into boiling water for 30 to 60 seconds or until skins start to split (see photo 1). Use a slotted spoon to transfer tomatoes to large bowl of ice water (see photo 2). Peel skins off tomatoes (see photo 3). If desired, cut tomatoes in half.

2. Pack tomatoes into hot sterilized pint or quart canning jars, pressing the tomatoes until spaces between tomatoes are filled with juice. Leave a ½-inch headspace. Add 1 tablespoon lemon juice to each pint or 2 tablespoons lemon juice to each quart. If

desired, add ¼ to ½ teaspoon salt to each pint or ½ to 1 teaspoon salt to each quart. Wipe jar rims; adjust lids and screw bands.

3. Process filled pint or quart jars in a boiling-water canner for 85 minutes (start timing when water returns to boiling). Remove jars; cool on wire racks.

HOT-PACK TOMATOES IN WATER: Prepare tomatoes as directed and place in pot; add enough water to cover. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Pack jars with tomatoes and cooking liquid, leaving a ½-inch headspace (see photo 4). Add lemon juice and, if desired, salt. Wipe jar rims; adjust lids and screw bands. Process in a boiling-water canner for 40 minutes for pints, 45 minutes for quarts (start timing when water returns to boiling). Remove jars; cool on wire racks.

RAW-PACK TOMATOES IN WATER: Prepare tomatoes and fill jars as directed. Pour boiling water into each jar, maintaining the ½-inch headspace (see photo 4). Wipe jar rims; adjust lids and screw bands. Process in a boiling-water canner for 40 minutes for pints, 45 minutes for quarts (start timing when water returns to boiling). Remove jars; cool on wire racks.

CRUSHED TOMATOES: Peel tomatoes; cut into quarters. Add enough tomatoes to a large pot to cover bottom. Crush with wooden spoon. Bring to boiling, stirring constantly. Slowly add remaining tomatoes, stirring constantly. Simmer, uncovered, for 5 minutes. Pack jars with tomatoes, leaving a ½-inch headspace. Add lemon juice and, if desired, salt. Wipe jar rims; adjust lids and screw bands. Process in a boiling-water canner for

35 minutes for pints, 45 minutes for quarts (start timing when water returns to boiling). Remove jars; cool on wire racks.

PER ¼ CUP: 13 cal., 0 g fat, 0 mg chol., 4 mg sodium, 3 g carb., 1 g fiber, 1 g pro.

1. Remove tomatoes from the boiling water when skins start to split.

2. Quickly transfer to ice water to stop further cooking and cool quickly.

3. When tomatoes are cool enough to handle, remove the skins with your hands.

4. For hot- or raw-pack, add water to filled jars, maintaining the ½-inch headspace.

TOMATOES

STEWED TOMATOES

ONION, CELERY, AND GREEN PEPPER CONTRIBUTE FRESH FLAVOR TO THIS CLASSIC CONCOCTION. IT'S DELICIOUS ON ITS OWN AS A SIDE DISH OR STIRRED INTO A POT OF CHILI.

PREP: 1 HOUR **COOK:** 10 MINUTES **PROCESS:** 20 MINUTES
MAKES: 4 QUARTS OR 7 PINTS **PHOTO**

- 8 pounds ripe firm tomatoes
- 1 cup chopped celery (2 stalks)
- ½ cup chopped onion (1 medium)
- ½ cup chopped green sweet pepper (1 small)
- ¼ cup bottled lemon juice
- 2 teaspoons sugar
- 2 teaspoons salt

1. Wash tomatoes. Remove peels, stem ends, and cores (see tip). Chop tomatoes. Measure 17 cups.

2. Place chopped tomatoes in an 8- to 10-quart heavy pot. Add celery, onion, sweet pepper, lemon juice, sugar, and salt to tomatoes in pot. Bring to boiling; reduce heat. Cover and simmer for 10 minutes, stirring frequently to prevent sticking.

3. Ladle hot stewed tomatoes into hot sterilized quart or pint canning jars, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a pressure canner at 10 pounds pressure for a weighted-gauge canner or 11 pounds pressure for a dial-gauge canner for 25 minutes for quarts or 20 minutes for pints. Allow pressure to come down naturally. Remove jars from canner; cool on wire racks.

5. Before using, place contents of jar in a small saucepan. Bring to a rapid boil. Boil, covered, for 10 minutes (add 1 additional minute for each additional 1,000 feet of elevation).

FREEZING DIRECTIONS: Prepare as directed through Step 2. Place pot of stewed tomatoes in a sink filled with ice water. Ladle tomatoes into wide-top freezer containers, leaving a ½-inch headspace. Seal and label; freeze for up to 10 months.

PER ½ CUP: 25 cal., 0 g fat, 0 mg chol., 175 mg sodium, 5 g carb., 2 g fiber, 1 g pro.

FREEZING TOMATOES

To freeze tomatoes, prepare them as directed in Can-Your-Own Tomatoes. For crushed tomatoes or water-pack tomatoes that are heated, set the pan of tomatoes in ice water to cool. Fill freezer containers, leaving a 1-inch headspace. Seal and label. Freeze for up to 10 months. Use frozen tomatoes only for cooking because freezing changes the texture.

TOMATOES

PICKLED PEAR TOMATOES WITH ROSEMARY AND GARLIC

GARLICKY AND SPICY FROM CRUSHED RED PEPPER, THESE TOMATOES MAKE A FRESH ADDITION TO AN ANTIPASTO PLATTER. SERVE WITH SLICES OF TOASTED COUNTRY BREAD AND CHEESE.

PREP: 35 MINUTES **COOK:** 10 MINUTES **PROCESS:** 15 MINUTES
MAKES: 7 HALF-PINTS **PHOTO**

- 5 cups yellow and/or red pear-shape or round cherry tomatoes
- 1 cup thinly slivered sweet onion (such as Maui, Vidalia, or Walla Walla)
- ½ teaspoon crushed red pepper
- 6 cloves garlic, thinly sliced
- 2¼ cups white balsamic vinegar
- ¾ cup water
- ⅓ cup sugar
- 3 tablespoons pickling salt
- 1 tablespoon fresh rosemary leaves
- ½ teaspoon whole black peppercorns
- ½ teaspoon whole pink peppercorns
- ½ teaspoon whole white peppercorns
- 1 bay leaf

1. Wash tomatoes. In a large bowl combine tomatoes, onion, crushed red pepper, and garlic; toss gently to combine. Set aside.

2. In a large stainless-steel, enamel, or nonstick heavy saucepan combine vinegar, the water, sugar, salt, rosemary, black peppercorns, pink peppercorns, white peppercorns, and bay leaf. Bring to boiling, stirring until sugar dissolves; reduce heat. Simmer, uncovered, for 10 minutes, stirring often. Remove and discard bay leaf.

3. Pack tomato mixture into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Pour hot vinegar mixture over tomato mixture in jars, maintaining the ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 34 cal., 0 g fat, 0 mg chol., 631 mg sodium, 7 g carb., 0 g fiber, 0 g pro.

TOTALLY TOMATOES

Tomatoes of all sizes and shapes are good candidates for canning—from the big beefsteak tomatoes to roma tomatoes to tiny pear tomatoes. Each needs to be treated differently according to its size, but all hold up well when canned.

TOMATOES

GREEN TOMATO RELISH

SHREDDED CABBAGE ADDS FRESHNESS AND A PLEASANT CRUNCH TO THIS SWEET-SOUR RELISH. USE IT TO TOP A SIMPLE GRILLED STEAK.

PREP: 1 HOUR **CHILL:** 12 HOURS **COOK:** 5 MINUTES
PROCESS: 5 MINUTES **MAKES:** 6 HALF-PINTS OR 3 PINTS

- 2 pounds green tomatoes (6 medium)
- 8 ounces cabbage, cut up
- 3 medium green sweet peppers, stemmed, quartered, and seeded
- 2 medium red sweet peppers, stemmed, quartered, and seeded
- 1 large onion, quartered
- 2 tablespoons pickling salt
- 1¼ cups sugar
- 1¼ cups cider vinegar
- ½ cup water
- 2 teaspoons mustard seeds
- 1 teaspoon celery seeds
- ½ teaspoon ground turmeric

1. Wash tomatoes. Core and quarter tomatoes. Place tomatoes in a food processor. Cover; process with on/off turns until tomatoes are finely chopped. Measure 4 cups chopped tomatoes. Repeat with the cabbage, green peppers, red peppers, and onion, measuring 3 cups chopped cabbage, 2¼ cups chopped green peppers, 1½ cups chopped red peppers, and 1 cup chopped onion. (Or use a sharp knife to finely chop the vegetables.)

2. Place vegetables in an extra-large nonmetal bowl. Sprinkle with salt; toss gently to coat. Cover and chill in the refrigerator for 12 to 24 hours.

3. Transfer chopped vegetables to a large colander set in sink. Rinse with cold water; drain.

4. In a 6- to 8-quart stainless-steel, enamel, or nonstick heavy pot combine sugar, vinegar, the ½ cup water, the mustard seeds, celery seeds, and turmeric. Bring to boiling, stirring until sugar dissolves. Add drained vegetables. Return to boiling; reduce heat. Simmer, uncovered, about 5 minutes or until most of the liquid has evaporated, stirring occasionally.

5. Ladle hot relish into hot sterilized half-pint or pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

6. Process filled jars in a boiling-water canner for 5 minutes for half-pints or 10 minutes for pints (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 15 cal., 0 g fat, 0 mg chol., 68 mg sodium, 4 g carb., 0 g fiber, 0 g pro.

TOMATOES

HOMEMADE TOMATO PASTE

TOMATO PASTE IS ONE OF THE MOST VALUABLE PLAYERS IN THE PANTRY. THIS HOMEMADE VERSION IS SO MUCH FRESHER AND BETTER TASTING THAN THE COMMERCIALLY CANNED STUFF.

PREP: 25 MINUTES **COOK:** 2 HOURS 30 MINUTES
BAKE: 2 HOURS AT 325°F **PROCESS:** 35 MINUTES
MAKES: SIX 4-OUNCE JARS

- 8 to 10 pounds ripe roma tomatoes
- 1 teaspoon kosher salt
- Olive oil
- 3 tablespoons bottled lemon juice

1. In an 8- to 10-quart stainless-steel, enamel, or nonstick heavy pot combine whole tomatoes and salt. Bring to boiling over medium-high heat, stirring frequently (tomatoes will break down as they cook); reduce heat. Cover and simmer for 15 minutes. Remove pot lid; simmer, uncovered, for 2¼ to 3 hours or until reduced to 8 cups, stirring occasionally.

2. Press tomatoes through a food mill fitted with a fine disk; discard skins and seeds.

3. Preheat oven to 325°F. Brush one large stainless-steel, enamel, or nonstick heavy roasting pan or two 3-quart rectangular baking dishes with oil. Pour the tomatoes into prepared roasting pan or baking dishes. Bake, uncovered, for

2 to 2½ hours for roasting pan, 1½ to 2 hours for baking dishes, or until most of the liquid is evaporated and the tomatoes are darkened slightly and reduced to 3 cups, stirring occasionally (especially around the edges).

4. Add 1½ teaspoons of the lemon juice to each of six hot sterilized 4-ounce canning jars. Ladle hot tomato paste into jars,* leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 35 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

SLOW COOKER DIRECTIONS: If you prefer, cook the tomatoes in a slow cooker instead of baking them in the oven. Start by brushing the inside of a 6-quart slow cooker lightly with olive oil. Transfer the strained tomatoes to the cooker. Cook, uncovered, on high-heat setting for 10 to 10½ hours or until most of the liquid is evaporated and the tomatoes are darkened slightly and reduced to 3 cups, stirring occasionally.

FREEZING DIRECTIONS: Spoon tomato paste into ice cube trays. Freeze until firm. Transfer to freezer containers or bags and store in the freezer for up to 3 months.

***TIP:** Or add 1 tablespoon bottled lemon juice to each of three hot sterilized half-pint canning jars. Ladle hot mixture into jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands. Process filled jars in a boiling-water canner for 45 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 15 cal., 0 g fat, 0 mg chol., 44 mg sodium, 3 g carb., 1 g fiber, 1 g pro.

PLUM TOMATOES

Roma tomatoes—also called plum tomatoes or paste tomatoes—are valued for their dense, meaty flesh that cooks down beautifully into tomato sauces and paste. The vines produce a prolific amount of fruit, which makes them popular with home canners.

TOMATOES

SPICY PICKLED GREEN TOMATOES

SPICY AND SWEET, THIS GREEN TOMATO CONDIMENT TASTES AMAZING ON SOUTHERN-STYLE PULLED CHICKEN OR PORK SANDWICHES.

PREP: 1 HOUR **PROCESS:** 15 MINUTES **MAKES:** 6 PINTS **PHOTO**

- 3 pounds green tomatoes
- 3 medium onions, sliced
- ½ cup chopped red sweet pepper (1 small)
- ¼ cup finely chopped, seeded fresh jalapeño chile peppers (4 medium) (see tip)
- 4½ cups white vinegar
- 3 cups sugar
- 2 tablespoons mustard seeds
- 5 teaspoons whole black peppercorns
- 2 teaspoons celery seeds

1. Wash tomatoes. Remove stems and cores. Cut tomatoes into ¼-inch slices. Measure 12 cups tomato slices. In a large bowl combine the tomato slices, onion slices, sweet pepper, and jalapeño peppers; set aside.

2. In a large stainless-steel, enamel, or nonstick heavy saucepan combine vinegar, sugar, mustard seeds, peppercorns, and celery seeds. Bring to boiling, stirring until sugar dissolves. Remove from heat.

3. Pack tomato mixture into hot sterilized pint canning jars, leaving a ½-inch headspace. Pour hot vinegar mixture over tomato mixture in jars, maintaining the ½-inch headspace. Discard any remaining vinegar mixture. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 15 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 71 cal., 0 g fat, 0 mg chol., 5 mg sodium, 19 g carb., 0 g fiber, 1 g pro.

TOMATOES

BALSAMIC CHERRY TOMATO-CARAMELIZED ONION CONSERVE

WHILE MOST FRUIT CONSERVES INCLUDE NUTS AS PART OF THE EQUATION, THIS ONE DOES NOT. IF YOU DID WANT TO SERVE IT WITH NUTS, ALMONDS WOULD BE A GOOD CHOICE. TRY IT ON CROSTINI OR AS A PIZZA TOPPER WITH GOAT CHEESE.

PREP: 30 MINUTES **COOK:** 21 MINUTES **PROCESS:** 5 MINUTES
MAKES: 5 HALF-PINTS

- ¼ cup olive oil
- 2 pounds sweet onions, such as Vidalia or Walla Walla, quartered and thinly sliced
- 2 teaspoons sea salt
- 1 teaspoon sugar
- 4 cups cherry tomatoes, halved
- ¾ cup honey
- ¼ cup balsamic vinegar
- ½ teaspoon freshly ground black pepper

1. In an extra-large skillet heat oil over medium-low heat. Stir in onions, salt, and sugar. Cook, covered, for 13 to 15 minutes or until onions are tender, stirring occasionally. Cook, uncovered,

over medium-high heat for 3 to 5 minutes or until the onions are deep golden brown, stirring frequently.

2. Stir in cherry tomatoes and honey. Bring to boiling over high heat; reduce heat to medium-high. Cook, uncovered, about 5 minutes or just until tomatoes are softened, stirring frequently. Remove from heat. Stir in balsamic vinegar and pepper.

3. Ladle hot mixture into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 2 TABLESPOONS: 42 cal., 1 g fat (0 g sat. fat), 2 mg chol., 147 mg sodium, 8 g carb., 0 g fiber, 0 g pro.

TOMATOES

TOMATO-BASIL JAM

SLATHER THIS TASTY SPREAD ON WARM FOCACCIA FOR AN EASY APPETIZER OR USE IT TO PUMP UP THE FLAVOR ON A ROAST BEEF SANDWICH.

PREP: 30 MINUTES **COOK:** 11 MINUTES **PROCESS:** 5 MINUTES
MAKES: 5 HALF-PINTS

- 2½ pounds ripe tomatoes, peeled (see tip)
- ¼ cup bottled lemon juice
- 3 tablespoons snipped fresh basil
- 3 cups sugar
- 1 1.75-ounce package powdered fruit pectin for lower-sugar recipes or 3 tablespoons powdered fruit pectin for low- or no-sugar recipes

1. Seed, core, and finely chop tomatoes. Measure 3½ cups chopped tomatoes; place in a 6- to 8-quart stainless-steel, enamel, or nonstick heavy pot. Bring to boiling, stirring occasionally; reduce heat. Simmer, covered, for 10 minutes. Measure 3⅓ cups tomatoes; return to pot. Stir in lemon juice and basil.

2. In a small bowl combine ¼ cup of the sugar and the pectin; stir into tomato mixture. Bring to a full rolling boil, stirring constantly. Stir in the remaining 2¾ cups sugar. Return to full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove pot from heat. Quickly skim off foam with a metal spoon.

3. Ladle hot jam into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 TABLESPOON: 39 cal., 0 g fat, 0 mg chol., 4 mg sodium, 10 g carb., 0 g fiber, 0 g pro.

MAKE IT SAFE

Tomatoes and tomato-based sauces require the addition of lemon juice to ensure safe water-bath canning. Because the pH level of fresh lemons can vary, use bottled lemon juice for canning.

TOMATOES

LEMONY TOMATO-BASIL SOUP

TAKE TOMATO SOUP AND GRILLED CHEESE TO A WHOLE NEW LEVEL WITH THIS EXQUISITE SOUP. THE CLEAN, BRIGHT, AND FRESH FLAVOR PAIRS BEAUTIFULLY WITH MELTED BRIE OR HAVARTI ON TOASTED SOURDOUGH BREAD.

PREP: 45 MINUTES **COOK:** 1 HOUR 25 MINUTES **PROCESS:** 35 MINUTES
MAKES: 5 PINTS **PHOTO**

- 6 tablespoons olive oil
- 4 cups finely chopped onions (4 large) or leeks (12 medium)
- 2¼ cups finely chopped carrots
- 1 cup finely chopped celery (2 stalks)
- 6 cloves garlic, minced
- 10 pounds ripe roma tomatoes, chopped
- ¼ cup sugar
- 4 teaspoons kosher salt
- 1 cup lightly packed fresh basil or Italian (flat-leaf) parsley, snipped
- 2 tablespoons finely shredded lemon peel
- ¾ cup bottled lemon juice

1. In a 7- to 8-quart stainless-steel, enamel, or nonstick heavy pot heat oil over medium heat. Add onions, carrots, celery, and garlic. Cook about 20 minutes or until vegetables are tender, stirring occasionally. Stir in tomatoes, sugar, and salt. Bring to

boiling over medium-high heat, stirring occasionally; reduce heat. Simmer, uncovered, for 20 minutes.

2. Press tomato mixture through a food mill or sieve; discard skins and seeds. Return strained mixture to pot. Bring to boiling; reduce heat. Simmer, uncovered, about 45 minutes or until reduced to about 10 cups. Remove from heat. Stir in basil, lemon peel, and lemon juice.

3. Ladle hot soup into hot sterilized pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 35 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1 CUP: 207 cal., 8 g fat (3 g sat. fat), 12 mg chol., 882 mg sodium, 33 g carb., 7 g fiber, 5 g pro.

TOMATOES

ROASTED TOMATO AND GARLIC PIZZA SAUCE

WHETHER YOU USE THIS SAVORY SAUCE ON HOMEMADE DOUGH, STORE-BOUGHT DOUGH, OR A PREBAKED SHELL, IT WILL MAKE YOUR PIZZA JUST THAT MUCH BETTER.

PREP: 45 MINUTES **ROAST:** 30 MINUTES AT 450°F **COOK:** 1 HOUR
PROCESS: 35 MINUTES **MAKES:** 8 HALF-PINTS **PHOTO**

- 10 pounds ripe roma tomatoes
- 1 garlic bulb
- Olive oil
- 1 cup dry red wine
- 2 tablespoons sugar
- 4 teaspoons kosher salt
- 1 cup lightly packed fresh basil leaves, snipped
- ½ cup lightly packed fresh oregano leaves, snipped
- ½ teaspoon ground black pepper
- ¼ teaspoon crushed red pepper
- ½ cup bottled lemon juice

1. Preheat oven to 450°F. Line two shallow roasting pans and/or 15×10×1-inch baking pans with foil. Cut one or two small slits in each tomato. Place tomatoes in a single layer in the prepared pans. Cut off the top ½ inch of garlic bulb to expose ends of individual cloves. Leaving garlic bulb whole, remove any loose, papery outer layers. Place bulb, cut end up, in a custard cup.

Drizzle bulb with a little oil; cover with foil. Roast tomatoes and garlic on separate oven racks about 30 minutes or until tomato skins are blistered and garlic feels soft; cool.

2. Coarsely chop tomatoes, discarding the loose skins and any excess juice. Remove garlic cloves from paper skins by squeezing the bottom of the bulb. Transfer tomatoes and garlic to a 6- to 8-quart stainless-steel, enamel, or nonstick heavy pot. Stir in wine, sugar, and salt. Bring to boiling over medium-high heat, stirring occasionally; reduce heat. Simmer, uncovered, for 15 minutes, stirring occasionally.

3. Press tomato mixture through a food mill fitted with a coarse disk. (Or working in batches, transfer tomato mixture to a food processor or blender. Cover and process or blend until smooth. Press pureed mixture through a sieve.*) Discard seeds and skins.

4. Return the strained mixture to the pot. Stir in basil, oregano, black pepper, and crushed red pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 45 to 50 minutes or until reduced to about 8 cups. Remove from heat. Stir in lemon juice.

5. Ladle hot sauce into hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

6. Process filled jars in a boiling-water canner for 35 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

SPICY SICILIAN PIZZA SAUCE: Prepare as directed, except substitute dry white wine for the red wine and omit the crushed red pepper. Stir ½ cup snipped fresh parsley, 2 finely chopped

fresh cayenne or other small red chile peppers (see tip), and 1 tablespoon snipped fresh thyme into sauce with the herbs in Step 4. Continue as directed. If desired, stir in ¼ cup drained capers with the lemon juice. Makes 8 half-pints.

***TIP:** Using the food processor and sieve will result in a thinner pizza sauce because more solids will be removed. You will also need to adjust the cooking time in Step 4 to 15 to 20 minutes; you won't have as much mixture to cook down to 8 cups.

PER 2 TABLESPOONS ROASTED TOMATO AND GARLIC OR SPICY SICILIAN PIZZA SAUCE: 22 cal., 0 g fat (0 g sat. fat), 0 mg chol., 127 mg sodium, 4 g carb., 1 g fiber, 1 g pro.

TOMATOES

FIRE-ROASTED TOMATO-ANCHO TACO SAUCE

DON'T WORRY ABOUT GETTING EVERY LAST BIT OF THE TOMATO SKINS OFF AFTER ROASTING. THE SAUCE IS RUN THROUGH A BLENDER AND STRAINED BEFORE IT IS PUT IN JARS.

PREP: 35 MINUTES **BROIL:** 8 MINUTES **COOK:** 40 MINUTES
STAND: 30 MINUTES **PROCESS:** 35 MINUTES **MAKES:** 5 HALF-PINTS

- 4 pounds ripe roma tomatoes
- 1 teaspoon cumin seeds
- 8 ounces fresh poblano chile peppers, seeded and chopped (see tip)
- 1 cup chopped onion (1 large)
- 1 fresh jalapeño chile pepper, seeded and chopped (see tip)
- 4½ teaspoons sugar
- 4½ teaspoons minced garlic (about 9 cloves)
- 1 tablespoon kosher salt
- 6 dried ancho chile peppers, seeded and cut into 1-inch pieces (see tip)
- ¼ cup white vinegar

1½ teaspoons lime juice

1. Preheat broiler. Place tomatoes in a single layer in a 15×10×1-inch baking pan. Broil 3 to 4 inches from the heat for 8 to 10 minutes or until skins are lightly charred, turning once. Carefully transfer roasted tomatoes to a cutting board. When cool enough to handle, peel off and discard the loose skins. Coarsely chop tomatoes; transfer to a large stainless-steel, enamel, or nonstick heavy pot.

2. Meanwhile, place cumin seeds in a small skillet. Cook over medium heat until seeds are lightly toasted and fragrant, stirring frequently. Remove from heat; cool. Finely grind the seeds in a spice grinder or with a mortar and pestle; stir into the tomatoes in pot.

3. Add poblano peppers, onion, jalapeño pepper, sugar, garlic, and salt to tomato mixture. Bring to boiling, stirring frequently; reduce heat. Simmer, uncovered, about 30 minutes or until peppers and onion are tender. Stir in ancho peppers. Cover and let stand for 30 minutes.

4. Working in batches, transfer tomato mixture to a food processor or blender. Cover and process or blend until smooth. Strain pureed mixture through a fine-mesh sieve, pushing the liquid through and scraping the inside of the sieve with a rubber spatula; discard solids. Return the strained mixture to pot. Bring to boiling; reduce heat. Simmer, uncovered, about 10 minutes or until slightly thickened and reduced to about 4 cups. Stir in vinegar and lime juice.

5. Ladle hot sauce into hot sterilized half-pint canning jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids and screw

bands.

6. Process filled jars in a boiling-water canner for 35 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 32 cal., 0 g fat, 0 mg chol., 301 mg sodium, 7 g carb., 1 g fiber, 1 g pro.

TOMATOES

ROASTED TOMATO AND RED PEPPER PIZZA SAUCE

YOU WILL NEED A ROASTING PAN AND A LARGE BAKING SHEET TO ACCOMMODATE ALL OF THE TOMAT0ES, SWEET PEPPERS, AND GARLIC. FOR EVEN COOKING, ROTATE THE PANS BETWEEN OVEN RACKS HALFWAY THROUGH ROASTING.

PREP: 1 HOUR **ROAST:** 30 MINUTES AT 450°F **STAND:** 15 MINUTES
COOK: 35 MINUTES **PROCESS:** 35 MINUTES **MAKES:** 8 HALF-PINTS

- 8 pounds ripe roma tomatoes
- 3 pounds red sweet peppers
- 8 cloves garlic, peeled
- ¼ cup full-bodied red wine
- ¼ cup molasses
- 1 tablespoon sugar
- 2 tablespoons kosher salt
- ½ cup lightly packed fresh basil, snipped
- ½ cup lightly packed fresh oregano, snipped
- ½ cup lightly packed Italian (flat-leaf) parsley, snipped
- ½ teaspoon ground black pepper
- ¼ to ½ teaspoon crushed red pepper
- ½ cup bottled lemon juice

1. Preheat oven to 450°F. Line one extra-large roasting pan or two medium roasting pans with parchment paper and one large

baking sheet with foil. Cut one or two small slits in each tomato. Place tomatoes in a single layer into the prepared roasting pan(s). Halve the sweet peppers lengthwise; remove the stems, seeds, and membranes. Place pepper halves, cut sides down, on the foil-lined baking sheet. Scatter garlic cloves around the peppers. Roast the tomatoes, peppers, and garlic for 30 minutes or until tomato skins are blistered, pepper skins are browned, and garlic cloves are lightly browned.

2. Bring foil up around peppers and garlic to enclose. Let stand about 15 minutes. Let tomatoes cool until easy to handle. Coarsely chop the tomatoes, discarding any excess juice and removing any loose skins. Transfer tomatoes to a large stainless-steel, enamel, or nonstick heavy pot. When the peppers are cool enough to handle, gently pull off any loose skins and discard. Coarsely chop the peppers and garlic; add to the tomatoes in pot. Stir in the red wine, molasses, sugar, and salt. Bring to boiling over medium-high heat, stirring occasionally. Reduce heat to low; simmer, uncovered, for 15 minutes.

3. Working in batches, transfer the tomato mixture to a food processor or blender. Cover and process or blend until smooth. Strain processed mixture through a fine-mesh sieve, pushing the liquid through and scraping the inside of the sieve using a rubber spatula; discard solids. Repeat with the remaining tomato mixture.

4. Return the strained mixture to the large pot. Stir in basil, oregano, parsley, black pepper, and crushed red pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 20 to 25

minutes or until reduced to 8 cups. Remove from heat and stir in lemon juice.

5. Ladle hot sauce into eight hot sterilized half-pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids.

6. Process filled jars in a boiling water canner for 35 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 2 TABLESPOONS: 24 cal., 0 g fat, 0 mg chol., 189 mg sodium, 5 g carb., 1 g fiber, 1 g pro.

TOMATOES

THREE-HERB MARINARA SAUCE

MARINARA IS ONE OF THE MOST VERSATILE SAUCES IN THE PANTRY. FOR A HEARTY BREAKFAST OR LIGHT SUPPER, TRY "EGGS IN PURGATORY." SIMMER 1 CUP MARINARA IN A SAUTÉ PAN; CRACK 2 EGGS INTO SAUCE. COVER AND COOK UNTIL THE WHITES JUST SET. SPRINKLE WITH COARSE-GROUND BLACK PEPPER AND PARMESAN CHEESE AND SERVE WITH TOASTED BREAD TO MOP IT ALL UP.

PREP: 2 HOURS **COOK:** 1 HOUR 10 MINUTES **PROCESS:** 35 MINUTES
MAKES: 6 PINTS **PHOTO**

- 12 pounds ripe tomatoes, peeled (see tip)
- 3 tablespoons packed brown sugar
- 2 tablespoons kosher salt or 4 teaspoons regular salt
- 1 tablespoon balsamic vinegar
- 1 teaspoon freshly ground black pepper
- 2 cups lightly packed fresh basil leaves, snipped
- ½ cup lightly packed fresh oregano leaves, snipped
- ½ cup lightly packed fresh Italian (flat-leaf) parsley leaves, snipped
- 1 tablespoon crushed red pepper (optional)
- 6 tablespoons bottled lemon juice

1. Cut peeled tomatoes into chunks; add some of the chunks to a food processor. Cover and process until chopped. Transfer chopped tomatoes to a 7- to 8-quart stainless-steel, enamel, or

nonstick heavy pot. Working in batches, repeat chopping the remaining tomatoes in the food processor. Add all of the tomatoes to pot.

2. Add brown sugar, salt, vinegar, and black pepper to tomatoes. Bring to boiling, stirring frequently; reduce heat. Simmer, uncovered, for 70 to 80 minutes or until mixture reaches desired consistency (should have about 11 cups), stirring occasionally. Remove from heat; stir in basil, oregano, parsley, and, if desired, crushed red pepper.

3. Spoon 1 tablespoon of the lemon juice into each of six hot sterilized pint canning jars. Ladle hot sauce into jars with lemon juice, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

4. Process filled jars in a boiling-water canner for 35 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ½ CUP: 57 cal., 1 g fat (0 g sat. fat), 0 mg chol., 539 mg sodium, 13 g carb., 3 g fiber, 2 g pro.

ACID FLUX

Research has found that tomatoes that are bruised or cracked, ripened off the vine, or grown out of direct sunlight are lower in acidity than intact tomatoes ripened on the vine in direct sunlight—but even perfect tomatoes need to be acidifed for safe canning. Because tomatoes are on the borderline between low-acid and high-acid foods, always add bottled lemon juice when canning to boost their acidity.

TOMATOES

ROASTED GARLIC PASTA SAUCE

FOR GARLIC LOVERS, THIS SAUCE IS UNPARALLELED. AS GARLIC ROASTS, IT MELLOWS AND SWEETENS—BUT ITS WONDERFUL AROMA AND FLAVOR ARE STILL DECIDEDLY PRESENT.

PREP: 2 HOURS 30 MINUTES **ROAST:** 40 MINUTES AT 400°F
STAND: 15 MINUTES **COOK:** 1 HOUR **PROCESS:** 35 MINUTES
MAKES: 6 PINTS

- 6 bulbs garlic
- 3 tablespoons olive oil
- 4 medium red, yellow, and/or green sweet peppers, halved lengthwise and seeded
- 12 pounds ripe tomatoes, peeled (see tip)
- 3 tablespoons packed brown sugar
- 2 tablespoons kosher salt or 4 teaspoons regular salt
- 1 tablespoon balsamic vinegar
- 1 teaspoon freshly ground black pepper
- 2 cups lightly packed fresh basil leaves, snipped

1 cup lightly packed assorted fresh herbs, such as oregano, thyme, parsley, and/or basil, snipped
6 tablespoons bottled lemon juice

1. Preheat oven to 400°F. Cut off the top ½ inch of each garlic bulb to expose ends of individual cloves. Leaving garlic bulbs whole, remove any loose, papery outer layers. Place bulbs, cut ends up, in a 1- to 1½-quart casserole. Drizzle bulbs with 1 tablespoon of the oil; cover casserole. Arrange sweet pepper halves, cut sides down, on a foil-lined baking sheet; brush with the remaining 2 tablespoons oil.

2. Roast garlic and peppers about 40 minutes or until garlic feels soft and peppers are charred. Cool garlic in casserole on a wire rack. Bring foil up around peppers and fold edges together to enclose. Let peppers stand about 15 minutes or until cool enough to handle. Peel off and discard skins. Chop peppers; set aside.

3. Remove garlic cloves from skins by squeezing the bottoms of the bulbs. Place garlic cloves in a food processor. Cut peeled tomatoes into chunks; add some of the chunks to the garlic in food processor. Cover and process until chopped.

4. Transfer chopped garlic and tomatoes to a 7- to 8-quart stainless-steel, enamel, or nonstick heavy pot. Working in batches, repeat chopping the remaining tomatoes in the food processor. Add all of the tomatoes to pot.

5. Add brown sugar, salt, vinegar, and black pepper to tomato mixture. Bring to boiling. Boil steadily, uncovered, for 50 minutes, stirring frequently. Stir in chopped peppers. Boil for 10 to 20 minutes more or until mixture reaches desired

consistency (you should have about 11 cups), stirring occasionally. Remove from heat; stir in basil and assorted herbs.

6. Spoon 1 tablespoon of the lemon juice into each of six hot sterilized pint canning jars. Ladle hot pasta sauce into jars with lemon juice, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

7. Process filled jars in a boiling-water canner for 35 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ½ CUP: 95 cal., 3 g fat (0 g sat. fat), 0 mg chol., 542 mg sodium, 17 g carb., 4 g fiber, 3 g pro.

TOMATOES

PUTTANESCA PASTA SAUCE

IN CULINARY TERMS, "PUTTANESCA" REFERS TO A PIQUANT, CHUNKY TOMATO SAUCE IMBUED WITH ANCHOVIES, CRUSHED RED PEPPER, OLIVES, CAPERS, OREGANO, AND GARLIC. INTENSELY FRAGRANT AND FLAVORFUL, IT IS NOT FOR THE FAINT OF HEART!

PREP: 2 HOURS **COOK:** 1 HOUR 10 MINUTES **PROCESS:** 35 MINUTES
MAKES: 7 PINTS

- 1 tablespoon olive oil
- ¼ cup minced garlic (about 24 cloves)
- 1 2-ounce can oil-pack flat anchovy fillets, drained and chopped, or 2 tablespoons anchovy paste
- 2 to 3 teaspoons crushed red pepper
- 12 pounds ripe tomatoes, peeled (see tip)
- 1 cup dried tomatoes (not oil-pack), snipped
- 3 tablespoons packed brown sugar
- 2 tablespoons kosher salt or 4 teaspoons regular salt
- 1 tablespoon balsamic vinegar
- 3 cups pitted Kalamata olives, cut into slivers
- 1 cup snipped fresh oregano
- 2 3.5-ounce jars (¾ cup total) capers, rinsed and drained
- 1 tablespoon finely shredded lemon peel
- 7 tablespoons bottled lemon juice

1. In a large skillet heat oil over medium heat. Add garlic, anchovies, and crushed red pepper. Cook and stir about 1 minute or until fragrant. Remove from heat.

2. Cut peeled tomatoes into chunks; add some of the chunks to a food processor. Cover and process until chopped. Transfer chopped tomatoes to a 7- to 8-quart stainless-steel, enamel, or nonstick heavy pot. Working in batches, repeat chopping the remaining tomatoes in the food processor. Add all of the tomatoes to the pot.

3. Add garlic mixture, dried tomatoes, brown sugar, salt, and vinegar to tomatoes in pot. Bring to boiling, stirring frequently; reduce heat. Simmer, uncovered, for 70 to 85 minutes or until desired consistency (you should have about 11 cups), stirring occasionally. Remove from heat. Stir in olives, oregano, capers, and lemon peel.

4. Spoon 1 tablespoon of the lemon juice into each of seven hot sterilized pint canning jars. Ladle hot sauce into jars with lemon juice, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 35 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ¼ CUP: 44 cal., 2 g fat (0 g sat. fat), 1 mg chol., 433 mg sodium, 7 g carb., 2 g fiber, 1 g pro.

SERVING SUGGESTIONS

Serve this sauce over pasta such as penne, linguine, bucatini, and fusili. Top with drained oil-packed tuna, poached or broiled fish fillets, and sautéed shrimp and/or steamed mussels. Sprinkle with finely shredded Parmesan cheese and snipped fresh Italian (flat-leaf) parsley.

TOMATOES

GRILLED PEPPER AND ONION PASTA SAUCE

SERVE THIS SMOKY SAUCE WITH LINGUINE AND SHRIMP, GRILLED CHICKEN OR PORK, COOKED CHORIZO, AND POACHED EGGS. IT'S ALSO WONDERFUL OVER RICE SPRINKLED WITH FRESH ITALIAN (FLAT-LEAF) PARSLEY.

PREP: 40 MINUTES **GRILL:** 10 MINUTES **STAND:** 15 MINUTES
COOK: 1 HOUR 20 MINUTES **PROCESS:** 35 MINUTES **MAKES:** 6 PINTS
PHOTO

- 2 sweet onions, cut into ½-inch slices
- 4 fresh poblano peppers
- 2 red sweet peppers
- 12 pounds ripe tomatoes, peeled and seeded (see tip)
- ⅓ cup packed brown sugar
- 3 tablespoons cider vinegar
- 2 tablespoons kosher salt or 4 teaspoons regular salt
- 2 tablespoons smoked paprika
- 2 to 4 fresh jalapeño or serrano chile peppers, seeded and finely chopped (see tip)
- 12 cloves garlic, minced (2 tablespoons)
- ½ cup snipped fresh rosemary
- 6 tablespoons bottled lemon juice

1. For a charcoal or gas grill, place onions, poblano peppers, and sweet peppers on the rack of a covered grill directly over

medium heat. Grill about 10 minutes or until peppers are blistered and dark in spots and onions are tender and well browned, turning occasionally. Remove from grill. Wrap peppers in foil and let stand about 15 minutes or until cool enough to handle. Discard stems and seeds; peel off and discard skins (see tip). Coarsely chop peppers and onions; set aside.

2. Cut peeled tomatoes into large chunks. Reserve half of the tomatoes. Working in batches, add the other half of the tomatoes to a food processor. Cover and process until chopped. Transfer chopped tomatoes to a 7- to 8-quart stainless-steel, enamel, or nonstick heavy pot. Add the reserved tomato chunks to pot.

3. Add brown sugar, vinegar, salt, and smoked paprika to tomatoes. Bring to boiling. Boil steadily, uncovered, for 50 minutes, stirring frequently. Stir in onions, grilled peppers, jalapeño peppers, and garlic. Boil for 30 to 35 minutes more or until mixture reaches desired consistency (you should have about 11 cups), stirring occasionally. Remove from heat; stir in rosemary.

4. Spoon 1 tablespoon of the lemon juice into each of six hot sterilized pint canning jars. Ladle hot pasta sauce into jars with lemon juice, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 35 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER 1/3 CUP: 58 cal., 1 g fat (0 g sat. fat), 0 mg chol., 369 mg sodium, 11 g carb., 2 g fiber, 2 g pro.

TOMATOES

BLOODY MARY MIXER

THIS SPICY TOMATO JUICE WILL LIVEN UP SUNDAY BRUNCH, WHETHER YOU ADD THE VODKA OR NOT.

PREP: 1 HOUR **COOK:** 45 MINUTES **PROCESS:** 35 MINUTES
MAKES: 4 PINTS

- 8 pounds ripe tomatoes
- 1 cup chopped celery (2 stalks)
- ½ cup chopped onion (1 medium)
- 6 tablespoons bottled lemon juice
- 2 tablespoons sugar
- 1 tablespoon Worcestershire sauce
- 2 teaspoons prepared horseradish
- 1 teaspoon salt
- ¼ teaspoon bottled hot pepper sauce

1. Place a large colander in sink. Core and coarsely chop tomatoes. Transfer tomatoes to the colander; drain. Measure 19 cups coarsely chopped tomatoes.

2. In an 8- to 10-quart stainless-steel, enamel, or nonstick heavy pot combine the chopped tomatoes, the celery, and onion. Bring to boiling, stirring frequently; reduce heat. Simmer, covered, about 15 minutes or until tomatoes are soft, stirring frequently to prevent sticking.

3. Press tomato mixture through a food mill or sieve placed over an extra-large bowl to extract the juice. Discard seeds and skins.

Measure 12 cups juice; return juice to pot. Bring to boiling, stirring frequently; reduce heat. Simmer, uncovered, for 20 minutes, stirring frequently. Remove from heat. Measure 9½ to 10 cups juice and return to pot. Stir in lemon juice, sugar, Worcestershire sauce, horseradish, salt, and hot pepper sauce. Return to boiling; reduce heat. Simmer, uncovered, for 10 minutes more.

4. Ladle hot juice into hot sterilized pint canning jars, leaving a ½-inch headspace. Wipe jar rims; adjust lids and screw bands.

5. Process filled jars in a boiling-water canner for 35 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks.

PER ½ CUP: 61 cal., 1 g fat (0 g sat. fat), 0 mg chol., 181 mg sodium, 14 g carb., 3 g fiber, 2 g pro.

COCKTAIL TIME

To make the perfect Bloody Mary, rub a lemon wedge around the rim of a tall glass. Dip the rim in coarse salt or celery salt. In an ice-filled cocktail shaker combine 8 ounces of the mixer and 2 ounces vodka. Shake until very cold, then strain into the glass. Garnish drink with a pickle spear, celery stick with leaves, pimiento-stuffed olives on a pick, a lemon slice—or all of them.

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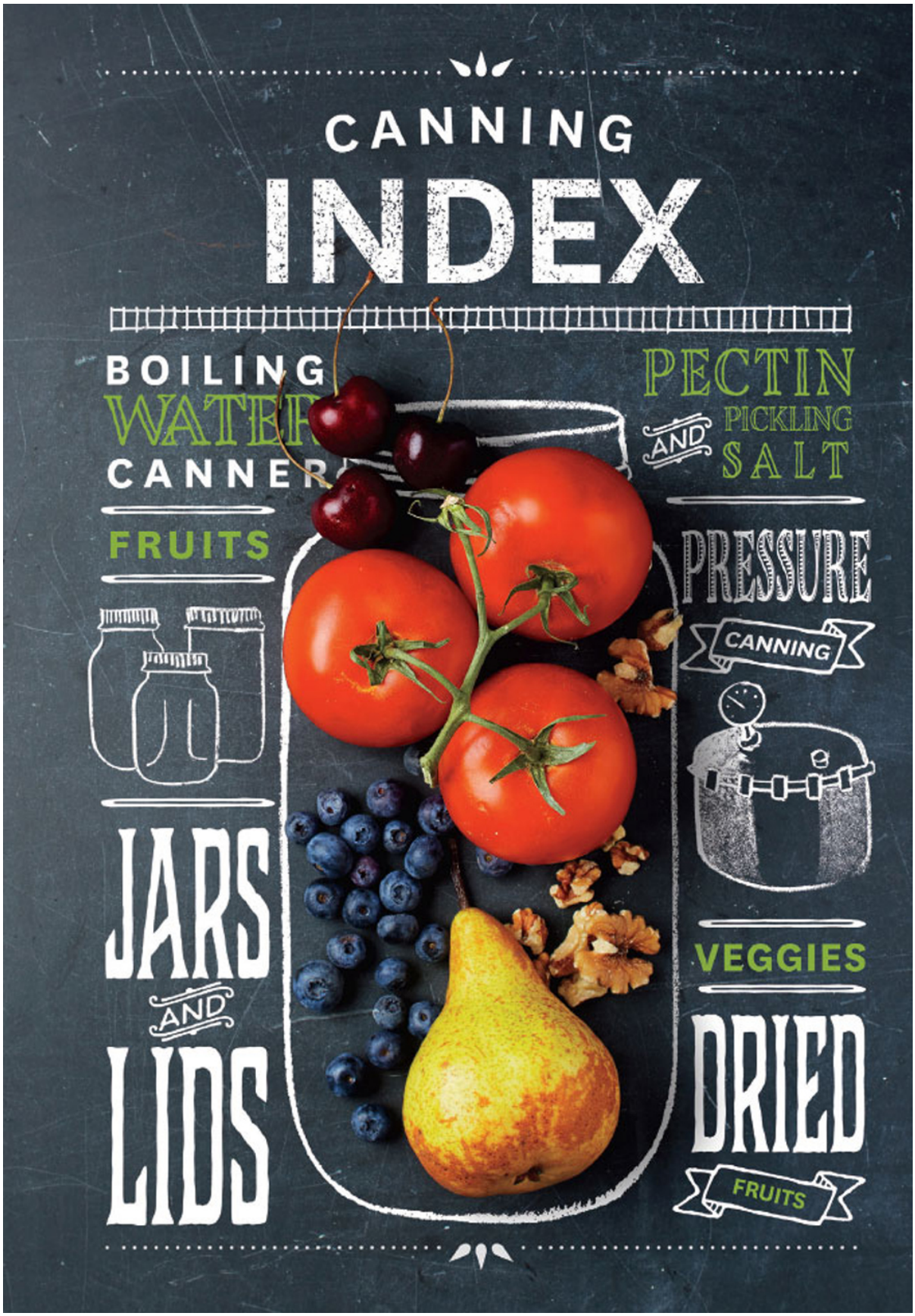

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Lemon-Blueberry Syrup
Lower-Sugar Sparkling Berry Champagne Preserves
Lower-Sugar Spiced Blueberry-Pomegranate Preserves
Pomegranate Cherry-Berry Compote
Spiced Blueberry Jam
Vanilla-Blueberry Mini Pies
Vanilla-Blueberry Pie Filling
Very Berry Applesauce Leather
Blue Ribbon Corn Relish
Boiling-water canning
about
basic steps
boiling-water canners for
high-acid foods for
high-altitude adjustments
Bourbon
Bourbon-Peach Jam
Honey-Bourbon Pickled Blueberries
Brandied Honey-and-Spice Pears
Brandied Strawberry Freezer Jam
Brazilian Black Beans and Vegetables
Bread and Butter Pickles
Broccoli
Freezer Stir-Fry Veggie Mix

Freeze-Your-Own Herbed Vegetable Blend
Broth
basics of
Chicken Broth
Veggie-Mushroom Broth
Brown Sugar–Vanilla Banana Butter
Butternut Squash–White Bean Soup with Rosemary and Tomatoes
Butters, flavored
Blackberry-Honey Butter
Cilantro-Lime Butter
Dill-Chive Butter
Gremolata Butter
Raspberry Butter
Tarragon-Shallot Butter
Butters, fruit
Apple Butter
Apple-Pear Butter
Bananas Foster Butter
basics of, [1], [2], [3]
Brown Sugar–Vanilla Banana Butter
Caramel Apple Butter
Cranberry-Pear Butter
Curried Carrot Butter
Ginger–Brown Sugar Sweet Potato Butter
Moroccan-Spiced Butternut Squash Butter
Peach-Honey Butter
Spiced Pumpkin Butter
storing
Tangerine-Kissed Sweet Potato Butter

C

Cabbage
- Green Tomato Relish
- Kimchi
- Pear-Juniper Berry Sauerkraut
- Pickled Red Cabbage
- Sweet-Sour Red Cabbage with Apples and Bacon

Cajun Watermelon Relish
Calvados-Cranberry Applesauce
Canning
- basic ingredients
- five rules of
- high-altitude adjustments
- hot-pack method
- raw-pack method
- sterilizing jars for
- troubleshooting
- types of canners
- using lids and screw bands
- utensils for

Canning (in boiling-water canners)
- about
- basic steps
- boiling-water canners for
- high-acid foods for
- high-altitude adjustments

Canning (in pressure canners)

about
basic steps
high-altitude adjustments
low-acid foods for
pressure canners for
Canning jars. *See* Jars
Can-Your-Own Tomatoes
Caponata, Lemon-Basil Eggplant
Caramel Apple Butter
Caramel Apple Jam
Caramel Apple Syrup
Caramel-Ginger Pear Pie Filling
Cardamom-Peach Jam
Carrots
Asian Pickled Carrots
canning
Carrot Cake Preserves
Curried Carrot Butter
Dried Mixed Vegetables
Freezer Stir-Fry Veggie Mix
Freeze-Your-Own Herbed Vegetable Blend
freezing
Garden Vegetable Soup
Garlicky Pickled Mixed Veggies
Italian Green Beans and Tomatoes
Lower-Sugar Confetti Preserves
Mexican Beef Garden Soup
Moroccan Carrot Soup
Pickled Garden Vegetables
Root Veggie Chips with Sea Salt

Rosemary Carrots
Tarragon Carrots
Tunisian-Style Vegetables
Veggie-Mushroom Broth
Cauliflower
Chow-Chow
Freeze-Your-Own Herbed Vegetable Blend
Garlicky Pickled Mixed Veggies
Indian Cauliflower
Pickled Garden Vegetables
Chai-Spiced Nectarine Compote
Cheese
Homemade Pesto
Spicy Asiago Greens Chips
Cherries
Black Forest Five-Spice Martini
canning
Cherry Applesauce Leather
Cherry-Berry Freezer Jam
Cherry Syrup
Double-Crust Cherry Pie
Dried Dark Sweet Cherries
Five-Spice Cherries
Freezer Sweet Cherry Pie Filling
freezing
Lower-Sugar Balsamic Cherry Preserves
Peach Chutney
Pear-Cherry Chutney
Pomegranate Cherry-Berry Compote
Rosy Fruit Cocktail

Smoky Cherries
Sour Cherry and Amaretto Jelly
Sweet Cherry Cobbler
Sweet Cherry Cobbler Filling
Sweet Cherry Jam
Tart Cherry-Coffee Preserves
Vanilla-Scented Pickled Sweet Cherries
Chicken
Chicken Broth
Chile, Corn, and Chicken Chowder
Posole Verde
Chiles
Ancho-Brown Sugar Baked Beans
canning
Chile, Corn, and Chicken Chowder
Chile-Mango Syrup
Chipotle-Peach Jam
Chunky Tomato Salsa
Cranberry-Jalapeño Pepper Jelly
Cumin-Poblano Corn Relish
Dried Chile Powder
Fermented Sriracha-Style Asian Chili Sauce
Fire-Roasted Chunky Tomato Salsa
Fire-Roasted Tomato-Ancho Taco Sauce
freezing
Golden Salsa Jam
Habanero-Mint Jelly
Holiday Cranberry Sauce
Hot and Spicy Zucchini Pickles
Hot Garlic Pickles

Indian Cauliflower
Jalapeño-Peach Jelly
Jamaican Jerk Pickle Chips
Mango-Chipotle Salsa
Mango-Scotch Bonnet Jam
Mexican Beef Garden Soup
Mexican Pickled Pintos, Corn, and Poblano Peppers
Mustardy Pickled Banana Pepper Rings
Papaya-Rum Chutney
Peach and Pear Chili Sauce
Peppery Peach Sauce
Pickled Green Chiles
Pickled Sweet and Hot Peppers
Poblano-Jalapeño Jelly
Posole Verde
Roasted Tomatillo-Corn Salsa
Salsa Verde
Spicy Barbecue Sauce
Spicy Pickled Green Tomatoes
Spicy Rhubarb–Red Onion Relish
Spicy Sicilian Pizza Sauce
Spicy Triple Pepper Salsa
Thai Chile Refrigerator Pickles
Triple Pepper Hot Sauce
Triple-Pepper Veggie Chili
Tunisian Raisin-Rhubarb Chutney
Chili, Triple-Pepper Veggie
Chipotle-Peach Jam
Chocolate
Black Forest Five-Spice Martini

White Chocolate–Raspberry Dessert Spread
Chow-Chow
Chowder, Chile, Corn, and Chicken
Chunky Tomato Salsa
Chutneys
Apricot-Date Chutney
basics of
Blueberry-Cranberry Chutney
freezing
Gingered Cranberry-Pear Chutney
Gingered Holiday Chutney
Golden Pear Chutney
Green Tomato–Pineapple Chutney
Papaya-Rum Chutney
Peach Chutney
Pear-Cherry Chutney
Tomato-Mango Chutney
Tomato-Rhubarb Chutney
Tunisian Raisin-Rhubarb Chutney
Cider 'n' Spice Jelly
Cilantro-Lime Butter
Cinnamon-Spiced Fruit Cocktail
Cinnamon-Spiced Triple Berry Jam
Citrus Mango Preserves
Cobbler, Sweet Cherry
Coconut Curried Creamed Corn
Coffee-Tart Cherry Preserves
Colander
Colcannon, Kale
Cold-pack method

Combination ruler/spatula
Compotes
basics of
Blackberry-Lime Compote
Blueberry-Lemon Verbena Compote
Chai-Spiced Nectarine Compote
Pineapple Compote
Pomegranate Cherry-Berry Compote
Smoky Cherries
Condiments. *See also* Salsas
basics of
Chow-Chow
Hot-Style Chili Sauce
Peach and Pear Chili Sauce
Smoky Ketchup
Spicy Barbecue Sauce
Sweet-Hot Caramelized Onions
Triple Pepper Hot Sauce
troubleshooting
Conserves
Balsamic Cherry Tomato-Caramelized Onion Conserve
basics of
Blueberry-Maple-Pecan Conserve
freezing
Nutmeg-Apple Conserve
Pear and Cranberry Conserve
Pickled Beet, Pear, and Sage Conserve
Toasted Walnut–Plum Conserve
Vidalia Onion and Maple Conserve
Corn

Blue Ribbon Corn Relish
canning
Chile, Corn, and Chicken Chowder
Chow-Chow
Cumin-Poblano Corn Relish
Curried Coconut Creamed Corn
Curried Corn
Dried Mixed Vegetables
Farmer’s Market Corn Salsa
Freezer Confetti Corn
Freeze-Your-Own Herbed Vegetable Blend
freezing
Garden Vegetable Soup
Garlicky Pickled Mixed Veggies
Mexican Beef Garden Soup
Mexican Pickled Pintos, Corn, and Poblano Peppers
Olive-Corn Relish
Roasted Tomatillo-Corn Salsa
Sweet Corn and Kale Soup
Triple-Pepper Veggie Chili

Cranberries

Blueberry-Cranberry Chutney
Calvados-Cranberry Applesauce
Cranberry Applesauce Leather
Cranberry-Fig Preserves
Cranberry-Jalapeño Pepper Jelly
Cranberry-Pear Butter
Cranberry-Pear Freezer Jam
Cranberry-Tangerine Spread
Dried Cranberries

Gingered Cranberry-Pear Chutney
Holiday Cranberry Sauce
Pear and Cranberry Conserve
Crisp, Rhubarb-Strawberry
Crispy Fruit Chips
Crispy Greens Chips
Crushed Tomatoes
Cucumbers
Bread and Butter Pickles
choosing, for pickles
Dill Pickles
Green Pepper–Cucumber Relish
Hot Garlic Pickles
Jamaican Jerk Pickle Chips
Refrigerator Pickles
Spicy Fermented Pickles
Sweet Dill Pickles
Sweet Pickle Relish
Thai Chile Refrigerator Pickles
Zesty Honey-Pilsner Pickles
Cumin-Poblano Corn Relish
Curried Carrot Butter
Curried Coconut Creamed Corn
Curried Corn
Curried Pumpkin Cubes
Curried Pumpkin Soup

D

Date-Apricot Chutney
Dial-gauge pressure canners, [1], [2], [3]
Dill
- Dill-Chive Butter
- Dilled Kohlrabi-Beet Relish
- Dill Pickles
- drying times
- Pickled Dilled Green Beans
- Sweet Dill Pickles

Dips and spreads. *See also* Butters, fruit
- basics of spreads
- Cranberry-Tangerine Spread
- Mango-Citrus Spread
- Roasted Red Pepper–Honey Spread
- storing spreads
- Sweet Roasted Red Pepper Dip
- White Chocolate–Raspberry Dessert Spread

Double-Crust Berry Pie
Double-Crust Cherry Pie
Dried Apricot-Fig Jam with Anise
Drinks
- Black Forest Five-Spice Martini
- Bloody Mary
- Bloody Mary Mixer

Drying
- about
- Almond Applesauce Leather
- Applesauce Leather
- basics of

Cherry Applesauce Leather
Cranberry Applesauce Leather
Crispy Fruit Chips
Crispy Greens Chips
Dried Chile Powder
Dried Cranberries
Dried Dark Sweet Cherries
Dried Mixed Vegetables
Dried Mushrooms
Dried Pineapple and Mango Chunks
Dried Tomatoes
herbs
Mango and/or Papaya Chips
Maple-Cracked Pepper Jerky
in oven
Root Veggie Chips with Sea Salt
Spicy Applesauce Leather
Spicy Asiago Greens Chips
Strawberry Applesauce Leather
troubleshooting
Very Berry Applesauce Leather

E

Eggplant

Lemon-Basil Eggplant Caponata
Summer Vegetable Ratatouille

8-cup liquid measure

F

Farmer’s Market Corn Salsa
Fennel
- Fennel-Onion Relish
- Sweet Saffron-Scented Pickled Fennel and Red Peppers

Fermented foods
- about
- basics of
- Fermented Sriracha-Style Asian Chili Sauce
- Fermented Whole Grain Mustard
- Kimchi
- Pear-Juniper Berry Sauerkraut
- Spicy Fermented Pickles

Figs
- Cranberry-Fig Preserves
- Dried Apricot-Fig Jam with Anise
- Fig Jam
- French Fig and Olive Tapenade

Fire-Roasted Chunky Tomato Salsa
Fire-Roasted Tomato-Ancho Taco Sauce
Five-Spice Blackberries
Five-Spice Cherries

Freezing
- about
- basics of
- Blackberry-Honey Butter
- Blackberry-Lime Freezer Jam
- Blueberry Freezer Jam

Blueberry-Rhubarb Freezer Jam
Brandied Strawberry Freezer Jam
Cherry-Berry Freezer Jam
Cilantro-Lime Butter
Cranberry-Pear Freezer Jam
Dill-Chive Butter
Freezer Berry Pie Filling
Freezer Confetti Corn
Freezer Guacamole
Freezer Stir-Fry Veggie Mix
Freezer Sweet Cherry Pie Filling
Freezer Tomato Sauce
Freeze-Your-Own Herbed Vegetable Blend
fruits, guide to
Gremolata Butter
Homemade Pesto
Lime-Kiwi Freezer Jam
Lower-Sugar Strawberry Mango Freezer Jam
Plum-Raspberry Freezer Jam
Raspberry Butter
Raspberry-Orange Freezer Jam
Strawberry-Blackberry Freezer Jam
Strawberry Freezer Jam
Strawberry-Rhubarb Freezer Jam
Tarragon-Shallot Butter
vegetables, guide to
French Fig and Olive Tapenade
Fresh Blackberry Jam
Fruit. *See also* specific fruits
adding syrups to

blanching
canning basics
canning chart
choosing
Crispy Fruit Chips
dried, conditioning
dried, storing
freezing
pectin in
preparing
preparing for drying
troubleshooting

G

Garden Vegetable Soup
Garlic
Garlicky Pickled Mixed Veggies
Hot Garlic Pickles
Pickled Pear Tomatoes with Rosemary and Garlic
Roasted Garlic Pasta Sauce
Roasted Tomato and Garlic Pizza Sauce
Geranium-Apple Jelly
Ginger
Caramel-Ginger Pear Pie Filling
Ginger–Brown Sugar Sweet Potato Butter
Gingered Cranberry-Pear Chutney

- Gingered Holiday Chutney
- Gingered Pinot Noir–Blackberry Syrup
- Ginger-Honey Applesauce
- Jasmine Tea Jelly
- Lower-Sugar Double Ginger-Orange Marmalade
- Pickled Pineapple with Candied Ginger
- Spicy Ginger-Red Hot Pears

Ginger Ale-Strawberry Jam
Golden Pear Chutney
Golden Salsa Jam
Gooseberry-Mango Jam
Grapefruit, Ruby Red, Jelly
Grape Juice Jelly

Grapes

- Grape Jam
- Old-Fashioned Grape Jelly
- Rosy Fruit Cocktail
- Spiced Red Grape Relish

Green beans

- Balsamic Green Beans with Mushrooms
- canning
- Chow-Chow
- Freezer Stir-Fry Veggie Mix
- freezing
- Garden Vegetable Soup
- Garlicky Pickled Mixed Veggies
- Italian Green Beans and Tomatoes
- Lemon–Bay Leaf Bean Pickles
- Pickled Dilled Green Beans
- Pickled Garden Vegetables

Spicy-Sweet Pickled Three-Bean Salad
Green Pepper–Cucumber Relish
Greens. *See also* Cabbage
Brazilian Black Beans and Vegetables
Crispy Greens Chips
Kale Colcannon
Spicy Asiago Greens Chips
Sweet Corn and Kale Soup
Green Tea Chai-Spiced Peaches
Green Tomato–Pineapple Chutney
Green Tomato Relish
Gremolata Butter
Grilled Pepper and Onion Pasta Sauce
Guacamole, Freezer

A | **B** | **C** | **D** | **E** | **F** | **G** | **H** | **I** | **J** | **K** | **L** | **M** | **N** | **O** | **P** | **Q** | **R** | **S** | **T** | **U** | **V** | **W** | **X** | **Y** | **Z**

H

Habanero-Mint Jelly
Headspace, [1],[2]
Herbs. *See also* specific herbs
drying
Freeze-Your-Own Herbed Vegetable Blend
Herb and Citrus Seasoning Mix
Three-Herb Marinara Sauce
High-altitude adjustments
Holiday Cranberry Sauce
Homemade Pesto

Homemade Raspberry Vinegar
Homemade Strawberry Jam
Homemade Tomato Paste
Hominy
  Posole Verde
Honey
  Honey and Thyme Blackberry Jam
  Honey-Bourbon Pickled Blueberries
  Honey-Chianti Jelly
  Honey-Lavender Peaches
  Lemon-Honey Jelly
Honeydew Rosemary-Lime Jam
Hot and Spicy Zucchini Pickles
Hot Garlic Pickles
Hot-pack method
Hot-Pack Tomatoes in Water
Hot-Style Chili Sauce
Hungarian Peppers in Tomato Sauce

I

Indian Cauliflower
Italian Green Beans and Tomatoes
Italian Seasoning Mix

J

Jalapeño-Peach Jelly

Jamaican Jerk Pickle Chips
Jams
- basics of
- Blackberry-Lime Freezer Jam
- Blackberry-Plum Jam with Vanilla Bean
- Blackberry-Port Jam
- Blueberry Freezer Jam
- Blueberry Mojito Jam
- Blueberry-Rhubarb Freezer Jam
- Bourbon-Peach Jam
- Brandied Strawberry Freezer Jam
- Caramel Apple Jam
- Cardamom-Peach Jam
- Cherry-Berry Freezer Jam
- Chipotle-Peach Jam
- Cinnamon-Spiced Triple Berry Jam
- Cranberry-Pear Freezer Jam
- Dried Apricot-Fig Jam with Anise
- Fig Jam
- Fresh Blackberry Jam
- Golden Salsa Jam
- Gooseberry-Mango Jam
- Grape Jam
- Homemade Strawberry Jam
- Honey and Thyme Blackberry Jam
- Lime-Kiwi Freezer Jam
- Lower-Sugar Spiced Raspberry Pomegranate Jam
- Lower-Sugar Strawberry-Mango Freezer Jam
- Mango-Scotch Bonnet Jam
- Nectarine and Vanilla Bean Jam

Nectarine-Mango Jam
Peach Jam
Peppered Plum Jam
Plum-Raspberry Freezer Jam
Raspberry Jam
Raspberry-Orange Freezer Jam
Rhubarb and Rose Petal Jam
Rosemary-Lime Honeydew Jam
Spiced Blueberry Jam
Strawberry-Balsamic Pink Peppercorn Jam
Strawberry-Blackberry Freezer Jam
Strawberry Freezer Jam
Strawberry-Ginger Ale Jam
Strawberry-Kumquat Jam
Strawberry-Marsala-Thyme Jam
Strawberry-Rhubarb Freezer Jam
Sweet Basil-Peach Jam
Sweet Cherry Jam
Tomato-Basil Jam
troubleshooting, [1], [2]
Jar funnels
Jar lifter
Jars
lids for, [1], [2]
measuring headspace
regular-mouth
screw bands for, [1], [2]
sealing compound
sizes
sterilizing

vintage, note about
wide-mouth
Jasmine Tea Jelly
Jellies
Apple-Blueberry Jelly
Apricot-Rosemary Jelly
Balsamic Vinegar-Ruby Port Jelly
basics of
Blood Orange–Vanilla Bean Jelly
Jellies
Cider ’n’ Spice Jelly
Cranberry-Jalapeño Pepper Jelly
Geranium-Apple Jelly
Grape Juice Jelly
Habanero-Mint Jelly
Honey-Chianti Jelly
Jalapeño-Peach Jelly
Jasmine Tea Jelly
Lemon-Honey Jelly
Lemon-Lavender Jelly
Lower-Sugar Margarita Jelly
Old-Fashioned Grape Jelly
Peach Melba Jelly
Poblano-Jalapeño Jelly
Pomegranate Jelly
Rosé Wine Jelly with Pink Peppercorns
Ruby Red Grapefruit Jelly
Sour Cherry and Amaretto Jelly
Spearmint-Orange Jelly
troubleshooting

Jerky, Maple-Cracked Pepper
Juniper-Maple Cocktail Onions

K

Kale
- Crispy Greens Chips
- Kale Colcannon
- Spicy Asiago Greens Chips
- Sweet Corn and Kale Soup

Ketchup, Smoky
Kimchi
Kitchen towels
Kiwi-Lime Freezer Jam
Kohlrabi-Beet Relish, Dilled
Kumquat-Strawberry Jam

L

Ladles
Lavender
- Honey-Lavender Peaches
- Lemon-Lavender Jelly

Leather, Applesauce
Leek and Sweet Potato Soup
Lemon juice, for recipes, [1], [2]
Lemons
- Blueberry-Lemon Verbena Compote

- Citrus Mango Preserves
- Gremolata Butter
- Lemon-Basil Eggplant Caponata
- Lemon–Bay Leaf Bean Pickles
- Lemon-Blueberry Syrup
- Lemon-Honey Jelly
- Lemon-Lavender Jelly
- Lemony Tomato-Basil Soup
- Meyer Lemon and Rosemary Marmalade
- Strawberry-Lemon Marmalade

Lemon Verbena-Blueberry Compote

Limes

- Blackberry-Lime Compote
- Blackberry-Lime Freezer Jam
- Blueberry Mojito Jam
- Cilantro-Lime Butter
- Lime-Kiwi Freezer Jam
- Lower-Sugar Margarita Jelly
- Mango-Citrus Spread
- Rosemary-Lime Honeydew Jam

Lower-sugar recipes

- Dried Apricot-Fig Jam with Anise
- Honey and Thyme Blackberry Jam
- Golden Salsa Jam
- Lower-Sugar Balsamic Cherry Preserves
- Lower-Sugar Confetti Preserves
- Lower-Sugar Double Ginger-Orange Marmalade
- Lower-Sugar Dutch Apple Preserves
- Lower-Sugar Margarita Jelly
- Lower-Sugar Sparkling Berry Champagne Preserves

Lower-Sugar Spiced Blueberry-Pomegranate Preserves
Lower-Sugar Spiced Raspberry Pomegranate Jam
Lower-Sugar Strawberry-Mango Freezer Jam

M

Magnetic wand

Mangoes

Chile-Mango Syrup
Citrus Mango Preserves
Dried Pineapple and Mango Chunks
Golden Salsa Jam
Gooseberry-Mango Jam
Lower-Sugar Strawberry-Mango Freezer Jam
Mango and/or Papaya Chips
Mango-Chipotle Salsa
Mango-Citrus Spread
Mango-Scotch Bonnet Jam
Nectarine-Mango Jam
Tomato-Mango Chutney

Maple syrup

Blueberry-Maple-Pecan Conserve
Juniper-Maple Cocktail Onions
Maple Applesauce
Maple-Cracked Pepper Jerky
Maple-Orange Sweet Potato Mash
Vidalia Onion and Maple Conserve

Margarita Jelly, Lower-Sugar
Marmalades
- Lower-Sugar Double Ginger-Orange Marmalade
- Meyer Lemon and Rosemary Marmalade
- Strawberry-Lemon Marmalade
- Tangerine Marmalade

Martini, Black Forest Five-Spice
Measuring cups
Measuring spoons
Melon
- Cajun Watermelon Relish
- freezing
- Rosemary-Lime Honeydew Jam
- Watermelon Pickles

Mexican Beef Garden Soup
Mexican Pickled Pintos, Corn, and Poblano Peppers
Meyer Lemon and Rosemary Marmalade
Mint
- Blueberry Mojito Jam
- drying times
- Habanero-Mint Jelly
- Minted Pears
- Spearmint-Orange Jelly

Moroccan Carrot Soup
Moroccan-Spiced Butternut Squash Butter
Mushrooms
- Balsamic Green Beans with Mushrooms
- Dried Mushrooms
- Veggie-Mushroom Broth
- White Balsamic-Rosemary Pickled Mushrooms

Mustard
Fermented Whole Grain Mustard
Mustardy Onions
Mustardy Pickled Banana Pepper Rings

A | **B** | **C** | **D** | **E** | **F** | **G** | **H** | **I** | **J** | **K** | **L** | **M** | **N** | **O** | **P** | **Q** | **R** | **S** | **T** | **U** | **V** | **W** | **X** | **Y** | **Z**

N

Nectarines
canning
Chai-Spiced Nectarine Compote
freezing
Nectarine and Vanilla Bean Jam
Nectarine-Mango Jam
Sugar and Spice Nectarines
Nutmeg-Apple Conserve
Nuts. ***See also*** **Almonds; Walnuts**
Blueberry-Maple-Pecan Conserve
toasting

O

Oats
Rhubarb-Strawberry Crisp
Streusel-Topped Caramel-Ginger Pear Pie
Old-Fashioned Grape Jelly
Olives
Artichoke and Dried Tomato Tapenade
French Fig and Olive Tapenade

- Olive-Corn Relish
- Orange-Scented Almond Tapenade
- Puttanesca Pasta Sauce
- Triple Olive Tapenade

Onions

- Balsamic Cherry Tomato-Caramelized Onion Conserve
- Fennel-Onion Relish
- Grilled Pepper and Onion Pasta Sauce
- Juniper-Maple Cocktail Onions
- Mustardy Onions
- Spicy Rhubarb–Red Onion Relish
- Sweet-Hot Caramelized Onions
- Vidalia Onion and Maple Conserve
- Walla Walla Pickled Onions

Oranges

- Blood Orange Syrup
- Blood Orange–Vanilla Bean Jelly
- Citrus Mango Preserves
- Holiday Cranberry Sauce
- Lower-Sugar Double Ginger-Orange Marmalade
- Lower-Sugar Margarita Jelly
- Mango-Citrus Spread
- Maple-Orange Sweet Potato Mash
- Orange-Scented Almond Tapenade
- Orange Thyme Beets
- Preserved Orange Slices
- Raspberry-Orange Freezer Jam
- Smoky Cherries
- Spearmint-Orange Jelly

Oregano

drying times
Puttanesca Pasta Sauce
Three-Herb Marinara Sauce

P

Papaya

Mango and/or Papaya Chips
Papaya-Rum Chutney

Parsley

Gremolata Butter
Three-Herb Marinara Sauce

Parsnips

Roasted Root Vegetable Soup
Root Veggie Chips with Sea Salt
Veggie-Mushroom Broth

Pasta sauce

Grilled Pepper and Onion Pasta Sauce
Puttanesca Pasta Sauce
Roasted Garlic Pasta Sauce
Three-Herb Marinara Sauce

Peaches

blanching and peeling
Bourbon-Peach Jam
canning
Cardamom-Peach Jam
Chipotle-Peach Jam

freezing
Green Tea Chai-Spiced Peaches
Honey-Lavender Peaches
Jalapeño-Peach Jelly
Peach and Pear Chili Sauce
Peach Chutney
Peach-Honey Butter
Peach Jam
Peach Melba Jelly
Peach-Vanilla Syrup
Peppery Peach Sauce
Rosy Fruit Cocktail
Spiced Peaches
Sweet Basil-Peach Jam
Pears
Apple-Pear Butter
Brandied Honey-and-Spice Pears
canning
Caramel-Ginger Pear Pie Filling
Carrot Cake Preserves
Cranberry-Pear Butter
Cranberry-Pear Freezer Jam
freezing
Gingered Cranberry-Pear Chutney
Gingered Holiday Chutney
Golden Pear Chutney
Minted Pears
Peach and Pear Chili Sauce
Pear and Cranberry Conserve
Pear-Cherry Chutney

Pear-Juniper Berry Sauerkraut
Pickled Beet, Pear, and Sage Conserve
Rosemary-Pear Preserves
Rosy Fruit Cocktail
Spicy Ginger-Red Hot Pears
Streusel-Topped Caramel-Ginger Pear Pie
Peas
Dried Mixed Vegetables
freezing
Pecan-Blueberry-Maple Conserve
Pectin, [1],[2]
Peppercorns
Black Pepper-Rosemary Apples
Maple-Cracked Pepper Jerky
Peppered Plum Jam
Rosé Wine Jelly with Pink Peppercorns
Strawberry-Balsamic Pink Peppercorn Jam
Peppers. *See also* Chiles
Blue Ribbon Corn Relish
Brazilian Black Beans and Vegetables
Cajun Watermelon Relish
canning
Chow-Chow
Farmer's Market Corn Salsa
Freezer Confetti Corn
Freezer Stir-Fry Veggie Mix
Freeze-Your-Own Herbed Vegetable Blend
freezing
Garlicky Pickled Mixed Veggies
Gingered Holiday Chutney

Golden Salsa Jam
Green Pepper–Cucumber Relish
Green Tomato Relish
Grilled Pepper and Onion Pasta Sauce
Habanero-Mint Jelly
Hungarian Peppers in Tomato Sauce
Mustardy Pickled Banana Pepper Rings
Pickled Garden Vegetables
Pickled Sweet and Hot Peppers
Roasted Red Pepper–Honey Spread
Roasted Tomato and Red Pepper Pizza Sauce
Roasted Sweet Peppers with Basil
Spicy Barbecue Sauce
Spicy Triple Pepper Salsa
Summer Vegetable Ratatouille
Sweet Pickle Relish
Sweet Roasted Red Pepper Dip
Sweet Saffron-Scented Pickled Fennel and Red Peppers
Triple Pepper Hot Sauce
Triple-Pepper Veggie Chili
Tunisian-Style Vegetables
Zucchini and Sweet Pepper Refrigerator Pickles
Zucchini Relish
Peppery Peach Sauce
Permanent marker
Pesto, Homemade
Pickled foods. *See also* Relishes
Asian Pickled Carrots
Balsamic Pickled Apricots
basics of

Bread and Butter Pickles
Dill Pickles
Garlicky Pickled Mixed Veggies
Honey-Bourbon Pickled Blueberries
Hot and Spicy Zucchini Pickles
Hot Garlic Pickles
Indian Cauliflower
Jamaican Jerk Pickle Chips
Juniper-Maple Cocktail Onions
Lemon–Bay Leaf Bean Pickles
Mexican Pickled Pintos, Corn, and Poblano Peppers
Mustardy Pickled Banana Pepper Rings
Pickled Beet, Pear, and Sage Conserve
Pickled Beets
Pickled Butternut Squash
Pickled Dilled Green Beans
Pickled Garden Vegetables
Pickled Golden Beets with Lemon and Fennel Seeds
Pickled Golden Beets with Orange and Cinnamon
Pickled Green Chiles
Pickled Pear Tomatoes with Rosemary and Garlic
Pickled Pineapple with Candied Ginger
Pickled Plums
Pickled Red Cabbage
Pickled Sweet and Hot Peppers
Refrigerator Pickles
Spicy Fermented Pickles
Spicy Pickled Green Tomatoes
Spicy-Sweet Pickled Three-Bean Salad
Sweet Dill Pickles

Sweet Riesling Pickled Radishes
Sweet Saffron-Scented Pickled Fennel and Red Peppers
Thai Chile Refrigerator Pickles
troubleshooting
Vanilla-Scented Pickled Sweet Cherries
Walla Walla Pickled Onions
Watermelon Pickles
White Balsamic-Rosemary Pickled Mushrooms
Zesty Honey-Pilsner Pickles
Zucchini and Sweet Pepper Refrigerator Pickles
Pies
Double-Crust Berry Pie
Double-Crust Cherry Pie
Streusel-Topped Caramel-Ginger Pear Pie
Vanilla-Blueberry Mini Pies
Pineapple
Carrot Cake Preserves
Dried Pineapple and Mango Chunks
Green Tomato–Pineapple Chutney
Pickled Pineapple with Candied Ginger
Pineapple Compote
Rosy Fruit Cocktail
Pita Chips, Toasted
Pizza sauce
Roasted Tomato and Garlic Pizza Sauce
Roasted Tomato and Red Pepper Pizza Sauce
Spicy Sicilian Pizza Sauce
Plums
Blackberry-Plum Jam with Vanilla Bean
canning

freezing
Peppered Plum Jam
Pickled Plums
Plum-Raspberry Freezer Jam
Port and Cinnamon Plums
Spiced Plum Syrup
Toasted Walnut–Plum Conserve
Poblano-Jalapeño Jelly
Pomegranate
Lower-Sugar Spiced Blueberry-Pomegranate Preserves
Lower-Sugar Spiced Raspberry Pomegranate Jam
Pomegranate Cherry-Berry Compote
Pomegranate Jelly
Port
Balsamic Vinegar-Ruby Port Jelly
Blackberry-Port Jam
Port and Cinnamon Plums
Posole Verde
Potatoes. *See also* Sweet potatoes
Garden Vegetable Soup
Kale Colcannon
Root Veggie Chips with Sea Salt
Pot holders
Preserved Orange Slices
Preserves
basics of
Carrot Cake Preserves
Citrus Mango Preserves
Cranberry-Fig Preserves
Lower-Sugar Balsamic Cherry Preserves

Lower-Sugar Confetti Preserves
Lower-Sugar Double Ginger-Orange Marmalade
Lower-Sugar Dutch Apple Preserves
Lower-Sugar Sparkling Berry Champagne Preserves
Lower-Sugar Spiced Blueberry-Pomegranate Preserves
Meyer Lemon and Rosemary Marmalade
Rosemary-Pear Preserves
Strawberry-Lemon Marmalade
Tangerine Marmalade
Tart Cherry-Coffee Preserves
troubleshooting
Pressure-canner regulators
Pressure canning
about
Ancho-Brown Sugar Baked Beans
Balsamic Green Beans with Mushrooms
basic steps
Brazilian Black Beans and Vegetables
Butternut Squash–White Bean Soup with Rosemary and Tomatoes
Chicken Broth
Chile, Corn, and Chicken Chowder
Curried Corn
Curried Pumpkin Cubes
Garden Vegetable Soup
high-altitude adjustments
Hungarian Peppers in Tomato Sauce
Italian Green Beans and Tomatoes
Kale Colcannon
low-acid foods for

Maple-Orange Sweet Potato Mash
Mexican Beef Garden Soup
Moroccan Carrot Soup
Mustardy Onions
Orange Thyme Beets
Posole Verde
pressure canners for
Roasted Root Vegetable Soup
Roasted Sweet Peppers with Basil
Rosemary Carrots
Spicy Black Bean Soup
Stewed Tomatoes
Summer Vegetable Ratatouille
Sweet Corn and Kale Soup
Sweet Potato and Leek Soup
Sweet-Sour Red Cabbage with Apples and Bacon
Tarragon Carrots
Triple-Pepper Veggie Chili
Tunisian-Style Vegetables
Vegetable Broth
Pumpkin
Curried Pumpkin Cubes
Curried Pumpkin Soup
Spiced Pumpkin Butter
Puttanesca Pasta Sauce

R

Radishes, Sweet Riesling Pickled
Raisins
- Gingered Holiday Chutney
- Golden Pear Chutney
- Lower-Sugar Dutch Apple Preserves
- Nutmeg-Apple Conserve
- Tunisian Raisin-Rhubarb Chutney

Raspberries
- Cinnamon-Spiced Triple Berry Jam
- Homemade Raspberry Vinegar
- Lower-Sugar Sparkling Berry Champagne Preserves
- Lower-Sugar Spiced Raspberry Pomegranate Jam
- Peach Melba Jelly
- Peppery Peach Sauce
- Plum-Raspberry Freezer Jam
- Pomegranate Cherry-Berry Compote
- Raspberry Butter
- Raspberry Jam
- Raspberry-Orange Freezer Jam
- Spiced Raspberry Syrup
- White Chocolate–Raspberry Dessert Spread

Ratatouille, Summer Vegetable
Raw-pack method
Raw-Pack Tomatoes in Water
Refrigerator Pickles
Relishes
- basics of
- Blue Ribbon Corn Relish
- Cajun Watermelon Relish

- Cumin-Poblano Corn Relish
- Dilled Kohlrabi-Beet Relish
- Fennel-Onion Relish
- Green Pepper–Cucumber Relish
- Green Tomato Relish
- Lemon-Basil Eggplant Capanota
- Olive-Corn Relish
- Spiced Red Grape Relish
- Spicy Rhubarb–Red Onion Relish
- Sweet Pickle Relish
- Zucchini Relish

Rhubarb

- Blueberry-Rhubarb Freezer Jam
- canning
- freezing
- Rhubarb and Rose Petal Jam
- Rhubarb Sauce
- Rhubarb-Strawberry Crisp
- Rhubarb-Strawberry Crisp Filling
- Spicy Rhubarb–Red Onion Relish
- Strawberry-Rhubarb Freezer Jam
- Strawberry-Rhubarb Syrup
- Tomato-Rhubarb Chutney
- Tunisian Raisin-Rhubarb Chutney

Roasted Garlic Pasta Sauce
Roasted Red Pepper–Honey Spread
Roasted Root Vegetable Soup
Roasted Sweet Peppers with Basil
Roasted Tomatillo-Corn Salsa
Roasted Tomato and Garlic Pizza Sauce

Roasted Tomato and Red Pepper Pizza Sauce
Root Veggie Chips with Sea Salt
Rosemary
Apricot-Rosemary Jelly
Black Pepper-Rosemary Apples
Butternut Squash–White Bean Soup with Rosemary and Tomatoes
drying times
Meyer Lemon and Rosemary Marmalade
Pickled Pear Tomatoes with Rosemary and Garlic
Rosemary Carrots
Rosemary-Lime Honeydew Jam
Rosemary-Pear Preserves
White Balsamic-Rosemary Pickled Mushrooms
Rose Petal and Rhubarb Jam
Rosé Wine Jelly with Pink Peppercorns
Rosy Fruit Cocktail
Ruby Red Grapefruit Jelly
Ruler
Rum-Papaya Chutney

A | **B** | **C** | **D** | **E** | **F** | **G** | **H** | **I** | **J** | **K** | **L** | **M** | **N** | **O** | **P** | Q | **R** | **S** | **T** | U | **V** | **W** | X | Y | **Z**

S

Saffron-Scented Pickled Fennel and Red Peppers, Sweet
Sage
drying times
Pickled Beet, Pear, and Sage Conserve

Salad, Spicy-Sweet Pickled Three-Bean
Salsas
- Chunky Tomato Salsa
- Farmer's Market Corn Salsa
- Fire-Roasted Chunky Tomato Salsa
- Mango-Chipotle Salsa
- Roasted Tomatillo-Corn Salsa
- Salsa Verde
- Spicy Triple Pepper Salsa
- Tomatillo-Apple Salsa

Salt, [1], [2]
Sauces
- Fermented Sriracha-Style Asian Chili Sauce
- Fire-Roasted Tomato-Ancho Taco Sauce
- Freezer Tomato Sauce
- Grilled Pepper and Onion Pasta Sauce
- Holiday Cranberry Sauce
- Homemade Pesto
- Hot-Style Chili Sauce
- Peach and Pear Chili Sauce
- Peppery Peach Sauce
- Puttanesca Pasta Sauce
- Rhubarb Sauce
- Roasted Garlic Pasta Sauce
- Roasted Tomato and Garlic Pizza Sauce
- Roasted Tomato and Red Pepper Pizza Sauce
- Spicy Barbecue Sauce
- Spicy Sicilian Pizza Sauce
- Three-Herb Marinara Sauce
- Triple Pepper Hot Sauce

Sauerkraut, Pear-Juniper Berry
Seasoning Mixes
Sieve, large
Smoky Cherries
Smoky Ketchup
Soups and stews
basics of
Butternut Squash–White Bean Soup with Rosemary and Tomatoes
Chicken Broth
Chile, Corn, and Chicken Chowder
Curried Pumpkin Soup
Soups and stews
Garden Vegetable Soup
Lemony Tomato-Basil Soup
Mexican Beef Garden Soup
Moroccan Carrot Soup
Posole Verde
Roasted Root Vegetable Soup
Spicy Black Bean Soup
Sweet Corn and Kale Soup
Sweet Potato and Leek Soup
Triple-Pepper Veggie Chili
Veggie-Mushroom Broth
Sour Cherry and Amaretto Jelly
Southwestern Seasoning Mix
Spearmint-Orange Jelly
Spiced Apple Rings
Spiced Blueberry Jam
Spiced Peaches

Spiced Plum Syrup
Spiced Pumpkin Butter
Spiced Raspberry Syrup
Spiced Red Grape Relish
Spicy Applesauce Leather
Spicy Asiago Greens Chips
Spicy Barbecue Sauce
Spicy Black Bean Soup
Spicy Fermented Pickles
Spicy Ginger-Red Hot Pears
Spicy Pickled Green Tomatoes
Spicy Rhubarb–Red Onion Relish
Spicy Sicilian Pizza Sauce
Spicy-Sweet Pickled Three-Bean Salad
Spicy Triple Pepper Salsa
Spreads. *See also* Butters, fruit
basics of
Cranberry-Tangerine Spread
Mango-Citrus Spread
Roasted Red Pepper–Honey Spread
storing
White Chocolate–Raspberry Dessert Spread
Squash. *See also* Zucchini
Butternut Squash Puree
Butternut Squash–White Bean Soup with Rosemary and Tomatoes
Curried Pumpkin Cubes
Curried Pumpkin Soup
Freeze-Your-Own Herbed Vegetable Blend
Lower-Sugar Confetti Preserves

Moroccan-Spiced Butternut Squash Butter
Pickled Butternut Squash
Pickled Garden Vegetables
Spiced Pumpkin Butter
Tunisian-Style Vegetables
Stewed Tomatoes
Strawberries
Brandied Strawberry Freezer Jam
Cinnamon-Spiced Triple Berry Jam
Homemade Strawberry Jam
Lower-Sugar Strawberry-Mango Freezer Jam
preparing
Rhubarb-Strawberry Crisp
Rhubarb-Strawberry Crisp Filling
Strawberry Applesauce Leather
Strawberry-Balsamic Pink Peppercorn Jam
Strawberry-Blackberry Freezer Jam
Strawberry Freezer Jam
Strawberry-Ginger Ale Jam
Strawberry-Kumquat Jam
Strawberry-Lemon Marmalade
Strawberry-Marsala-Thyme Jam
Strawberry-Rhubarb Freezer Jam
Strawberry-Rhubarb Syrup
Strawberry Syrup
Very Berry Applesauce Leather
Streusel-Topped Caramel-Ginger Pear Pie
Sugar
Sugar substitutes, in fruit spreads
Sugar and Spice Nectarines

Summer Vegetable Ratatouille
Sweet Basil-Peach Jam
Sweet Cherry Cobbler
Sweet Cherry Cobbler Filling
Sweet Cherry Jam
Sweet Corn and Kale Soup
Sweet Dill Pickles
Sweet-Hot Caramelized Onions
Sweet Pickle Relish
Sweet potatoes
- Brazilian Black Beans and Vegetables
- Ginger–Brown Sugar Sweet Potato Butter
- Maple-Orange Sweet Potato Mash
- Mexican Beef Garden Soup
- Root Veggie Chips with Sea Salt
- Sweet Potato and Leek Soup
- Tangerine-Kissed Sweet Potato Butter

Sweet Riesling Pickled Radishes
Sweet Roasted Red Pepper Dip
Sweet Saffron-Scented Pickled Fennel and Red Peppers
Sweet-Sour Red Cabbage with Apples and Bacon
Syrup, maple. *See* Maple syrup
Syrups
- adding to fruit recipes
- basics of
- Blood Orange Syrup
- Caramel Apple Syrup
- Cherry Syrup
- Chile-Mango Syrup
- Gingered Pinot Noir–Blackberry Syrup

heavy
Lemon-Blueberry Syrup
medium
Peach-Vanilla Syrup
preparing
Spiced Plum Syrup
Spiced Raspberry Syrup
Strawberry-Rhubarb Syrup
Strawberry Syrup
thin and very thin

T

Taco Sauce, Fire-Roasted Tomato-Ancho
Tangerines
Cranberry-Tangerine Spread
Tangerine-Kissed Sweet Potato Butter
Tangerine Marmalade
Tapenade
Artichoke and Dried Tomato Tapenade
French Fig and Olive Tapenade
Orange-Scented Almond Tapenade
Triple Olive Tapenade
Tarragon
drying times
Tarragon Carrots
Tarragon-Shallot Butter

Tart Cherry-Coffee Preserves
Tea, Jasmine, Jelly
Tequila
Lower-Sugar Margarita Jelly
Thai Chile Refrigerator Pickles
Three-Herb Marinara Sauce
Thyme
drying times
Honey and Thyme Blackberry Jam
Orange Thyme Beets
Strawberry-Marsala-Thyme Jam
Timer
Toasted Pita Chips
Toasted Walnut–Plum Conserve
Tomatillos
Posole Verde
Roasted Tomatillo-Corn Salsa
Salsa Verde
Tomatillo-Apple Salsa
Tomatoes
Artichoke and Dried Tomato Tapenade
Balsamic Cherry Tomato-Caramelized Onion Conserve
blanching and peeling
Bloody Mary
Bloody Mary Mixer
Brazilian Black Beans and Vegetables
Butternut Squash–White Bean Soup with Rosemary and Tomatoes
Can-Your-Own Tomatoes
Chow-Chow

Chunky Tomato Salsa
Crushed Tomatoes
Dried Tomatoes
Farmer’s Market Corn Salsa
Fire-Roasted Chunky Tomato Salsa
Fire-Roasted Tomato-Ancho Taco Sauce
Freezer Tomato Sauce
freezing guidelines
Garden Vegetable Soup
Golden Salsa Jam
Green Tomato–Pineapple Chutney
Green Tomato Relish
Grilled Pepper and Onion Pasta Sauce
Homemade Tomato Paste
Hot-Pack Tomatoes in Water
Hot-Style Chili Sauce
Hungarian Peppers in Tomato Sauce
Italian Green Beans and Tomatoes
Lemon-Basil Eggplant Caponata
Lemony Tomato-Basil Soup
Mango-Chipotle Salsa
Peach and Pear Chili Sauce
Pickled Pear Tomatoes with Rosemary and Garlic
preparing
Puttanesca Pasta Sauce
Raw-Pack Tomatoes in Water
Roasted Garlic Pasta Sauce
Roasted Tomato and Garlic Pizza Sauce
Roasted Tomato and Red Pepper Pizza Sauce
Smoky Ketchup

Spicy Barbecue Sauce
Spicy Pickled Green Tomatoes
Spicy Sicilian Pizza Sauce
Spicy Triple Pepper Salsa
Stewed Tomatoes
Summer Vegetable Ratatouille
Three-Herb Marinara Sauce
Tomato-Basil Jam
Tomato-Mango Chutney
Tomato-Rhubarb Chutney
Triple-Pepper Veggie Chili
Tunisian-Style Vegetables
Toppers
Artichoke and Dried Tomato Tapenade
basics of
French Fig and Olive Tapenade
Holiday Cranberry Sauce
Orange-Scented Almond Tapenade
Peppery Peach Sauce
Rhubarb Sauce
Triple Olive Tapenade
Towels
Triple Olive Tapenade
Triple Pepper Hot Sauce
Triple-Pepper Veggie Chili
Tunisian Raisin-Rhubarb Chutney
Tunisian-Style Vegetables

V

Vanilla-Blueberry Mini Pies
Vanilla-Blueberry Pie Filling
Vanilla-Scented Pickled Sweet Cherries
Vegetables. *See also* specific vegetables
  blanching
  canning basics
  canning chart
  choosing
  dried, conditioning
  dried, storing
  freezing
  preparing
  preparing for drying
  Roasted Root Vegetable Soup
  Root Veggie Chips with Sea Salt
  troubleshooting
  Veggie-Mushroom Broth
Very Berry Applesauce Leather
Vidalia Onion and Maple Conserve
Vinegar. *See also* Balsamic vinegar
  Homemade Raspberry Vinegar

A | **B** | **C** | **D** | **E** | **F** | **G** | **H** | **I** | **J** | **K** | **L** | **M** | **N** | **O** | **P** | Q | **R** | **S** | **T** | U | **V** | **W** | X | Y | **Z**

W

Walla Walla Pickled Onions
Walnuts

Homemade Pesto
Pickled Beet, Pear, and Sage Conserve
Toasted Walnut–Plum Conserve
Water, high-elevation boiling
Watermelon
Cajun Watermelon Relish
Watermelon Pickles
Weighted-gauge pressure canner, [1], [2]
White Chocolate–Raspberry Dessert Spread
Wine
Balsamic Vinegar-Ruby Port Jelly
Blackberry-Port Jam
Gingered Pinot Noir–Blackberry Syrup
Honey-Chianti Jelly
Lower-Sugar Sparkling Berry Champagne Preserves
Port and Cinnamon Plums
Rosé Wine Jelly with Pink Peppercorns
Strawberry-Marsala-Thyme Jam
Sweet Riesling Pickled Radishes

Z

Zesty Honey-Pilsner Pickles
Zucchini
Freeze-Your-Own Herbed Vegetable Blend
Hot and Spicy Zucchini Pickles
Lower-Sugar Confetti Preserves
Pickled Garden Vegetables
Zucchini and Sweet Pepper Refrigerator Pickles
Zucchini Relish

METRIC INFORMATION

PRODUCT DIFFERENCES

Most of the ingredients called for in the recipes in this book are available in most countries. However, some are known by different names. Here are some common American ingredients and their possible counterparts:

- Sugar (white) is granulated, fine granulated, or castor sugar.
- Powdered sugar is icing sugar.
- All-purpose flour is enriched, bleached or unbleached white household flour. When self-rising flour is used in place of all-purpose flour in a recipe that calls for leavening, omit the leavening agent (baking soda or baking powder) and salt.
- Light-color corn syrup is golden syrup.
- Cornstarch is cornflour.
- Baking soda is bicarbonate of soda.
- Vanilla or vanilla extract is vanilla essence.
- Green, red, or yellow sweet peppers are capsicums or bell peppers.
- Golden raisins are sultanas.

VOLUME AND WEIGHT

The United States traditionally uses cup measures for liquid and solid ingredients. The chart below shows the approximate imperial and metric equivalents. If you are accustomed to

weighing solid ingredients, the following approximate equivalents will be helpful.

- 1 cup butter, castor sugar, or rice = 8 ounces = ½ pound = 250 grams
- 1 cup flour = 4 ounces = ¼ pound = 125 grams
- 1 cup icing sugar = 5 ounces = 150 grams
- Canadian and U.S. volume for a cup measure is 8 fluid ounces (237 ml), but the standard metric equivalent is 250 ml.
- 1 British imperial cup is 10 fluid ounces.
- In Australia, 1 tablespoon equals 20 ml, and there are 4 teaspoons in the Australian tablespoon.
- Spoon measures are used for smaller amounts of ingredients. Although the size of the tablespoon varies slightly in different countries, for practical purposes and for recipes in this book, a straight substitution is all that's necessary. Measurements made using cups or spoons always should be level unless stated otherwise.

COMMON WEIGHT RANGE REPLACEMENTS

Imperial / U.S.	Metric
½ ounce	15 g
1 ounce	25 g or 30 g
4 ounces (¼ pound)	115 g or 125 g
8 ounces (½ pound)	225 g or 250 g
16 ounces (1 pound)	450 g or 500 g
1¼ pounds	625 g
1½ pounds	750 g
2 pounds or 2¼ pounds	1,000 g or 1 Kg

OVEN TEMPERATURE EQUIVALENTS

Fahrenheit Setting	Celsius Setting	Gas Setting
300°F	150°C	Gas Mark 2 (very low)
325°F	160°C	Gas Mark 3 (low)
350°F	180°C	Gas Mark 4 (moderate)
375°F	190°C	Gas Mark 5 (moderate)
400°F	200°C	Gas Mark 6 (hot)
425°F	220°C	Gas Mark 7 (hot)
450°F	230°C	Gas Mark 8 (very hot)
475°F	240°C	Gas Mark 9 (very hot)
500°F	260°C	Gas Mark 10 (extremely hot)
Broil	Broil	Grill

*Electric and gas ovens may be calibrated using celsius. However, for an electric oven, increase celsius setting 10 to 20 degrees when cooking above 160°C. For convection or forced air ovens (gas or electric), lower the temperature setting 25°F/10°C when cooking at all heat levels.

BAKING PAN SIZES

Imperial / U.S.	Metric
9×1½-inch round cake pan	22- or 23×4-cm (1.5 L)
9×1½-inch pie plate	22- or 23×4-cm (1 L)
8×8×2-inch square cake pan	20×5-cm (2 L)
9×9×2-inch square cake pan	22- or 23×4.5-cm (2.5 L)
11×7×1½-inch baking pan	28×17×4-cm (2 L)
2-quart rectangular baking pan	30×19×4.5-cm (3 L)
13×9×2-inch baking pan	34×22×4.5-cm (3.5 L)
15×10×1-inch jelly roll pan	40×25×2-cm
9×5×3-inch loaf pan	23×13×8-cm (2 L)
2-quart casserole	2 L

U.S. / STANDARD METRIC EQUIVALENTS

⅛ teaspoon = 0.5 ml
¼ teaspoon = 1 ml
½ teaspoon = 2 ml
1 teaspoon = 5 ml
1 tablespoon = 15 ml
2 tablespoons = 25 ml
¼ cup = 2 fluid ounces = 50 ml
⅓ cup = 3 fluid ounces = 75 ml
½ cup = 4 fluid ounces = 125 ml
⅔ cup = 5 fluid ounces = 150 ml
¾ cup = 6 fluid ounces = 175 ml
1 cup = 8 fluid ounces = 250 ml
2 cups = 1 pint = 500 ml
1 quart = 1 litre